

**Plainfield High School
Career & Technical Education Department
Food and Nutrition I Pacing Guide**

~ September 2013 ~

Week 1:

- Class rules / procedures; getting to know the student, icebreakers.
- Video – kitchen safety and sanitation

Week 2:

- Ch.19 Food Safety, Sanitation and Storage - Causes of Food-Borne Illness, Ways to cook, thaw and serve food safely, Importance of cleanliness in the kitchen
- Chapt 19 Worksheet – food and water safety in natural disasters, agencies responsible for safety
- Chpt 20 Preventing Kitchen Accidents- First-Aid procedures for common kitchen emergencies, preventing fires/ burns, handling electricity and chemicals, handling emergencies, Reasons/why it's important to maintain a clean and safe kitchen environment
- Chpt 20 –Preventing Kitchen Accidents Worksheets: household chemical safety, correct the safety errors, handling anxiety

Week 3:

- Safety test. (chapter 19 and 20)
- Chpt 24 - Kitchen Preparation Techniques – Techniques, Types of Ingredients and tools needed to measure them, .Guidelines for proper knife safety, .Ways to mix ingredients.
- Chpt 24 - worksheets – magic number square, converting yields and units, stopping procrastination.
- Chpt 23 Using Recipes: Information a recipe provides, Reading Recipes, Defining Cooking Terminology, Weights and Measures
- Chapter 24 test

Week 4:

- Chpt 21 - Equipping the Kitchen - Factors to Consider when selecting kitchen equipment, components and types, Large and small Appliances, Types of Cookware, kitchen Designs, differences between the ranges.
- Worksheets : prepositional phrase review, kitchen add-on, using time effectively, content and vocabulary,
- Chapter 23 test

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~ October 2013~

Week 1:

- Knife skills – video on knife skills
- Lab work - French fry lab.
- Chapter 18 - Serving food – Etiquette, Table and Restaurant
- Table setting

Week 2:

- Ch. 10 Nutrition Guidelines - Dietary Guidelines for Americans, My Pyramid and its recommendations,
- Worksheet – short answer response, matching definitions.
- Test chapter 10 – dietary guidelines, my pyramid and nutritional facts panel.
- Lab for Tacos , chicken sandwich

Week 3:

- Ch. 5 The Digestive Process - the stages of the digestive process, Parts of the body which aid in digestion, Role of each digestive organ, Body's Absorption of Nutrients , How body uses nutrients, Basal Metabolic Rate , How it relates to calories
- Chapter 5 Nutrients at work – different nutrients and their functions, digestive process, BMR.
- Lab – breakfast burrito

Week 4:

- Chapter 6 - Carbohydrates - What are carbohydrates, simple and complex carbs, why bodies need carbs.
- Chapter 30 - Grains – parts of grain, nutrients in grains, different grain products.
- Project – grains from different continents.
- Lab work - baked ziti, pizza.

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~ November 2013 ~

Week 1:

- *Thanksgiving lab work– mashed potatoes, string beans, , stuffing, mac and cheese*
- *Demonstration of cranberry sauce.*

Week 2:

- *Thanksgiving lab work - different pies, baked chicken.*
- *Review for MIDTERM EXAMS*

Week 3:

- *Chapter 31 - Legumes - Nutritional value of legumes, Proper storage of legumes.*
- *Worksheets: review packet*
- *Lab work: lentil soup.*
- *Chapter 7 Proteins: its structure and types, role of protein in a healthful diet.*
- *Lab work: chicken strip*

Week 4:

- *Chapter 34 - Nutritional Value of Meat, What to look for when buying meat, Methods for Cooking Meat*
- *Worksheets: review packet*
- *Lab work: Beef stroganoff*
- *Test in chapter 31*

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~ December 2013 ~

Week 1:

- Chpt 35 - Poultry - Nutritional Value of Poultry, Types Forms of Poultry, How to select and store poultry, Importance of Cooking until well done
- Chapter 34 test
- Worksheets: review packet
- Lab work: chicken parmesan sandwich.
- Chapter 33 - Eggs - Parts of an egg, Nutrients found in eggs, selecting and storing eggs, egg science, How to prepare egg dishes
- Demonstration: different stages of beating egg whites.

Week 2:

- Worksheet: egg review
- Chapter 35 test
- Lab work: omelets
- Lab work: Quiche, devilled eggs.
- Chpt 36 – Fish – nutrients found in fish and benefits of fish.

Week 3:

- Test on chapter 33
- Chapter 7 - Proteins and Fats - Lipids and their types and structures
- Fats – role of cholesterol in a healthful diet, types of fats. How to create a Deep fryer
- Worksheets – review
- Lab work: deep fried oreos, funnel cakes

Week 4:

HOLIDAY

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~ January 2014~

Week 1:

- Chapter 8 - Vitamins and Minerals - How vitamins work, Two types of vitamins (water and fat soluble), Types of minerals and their functions
- Worksheet – review packet
- Lab work - Chinese stir fry with vegetables
- Lab work - Vegetable salad with French dressing
- Chapter 29: vegetables – nutrients, types, selecting and storing, cooking

Week 2:

- Review packet : chapter 29
- Chapter 28 - Fruits - .Nutritional benefits of fruits, Six major types of fruits, How to store fresh fruits, .Methods for cooking fruits
- Worksheet: review packet
- Lab work – fruit salad

Week 3:

Review for final exams

Week 4:

Final exams

Notes: