

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

**~ September 2013 ~**

**Week 1:**

- Class rules / procedures; getting to know the student, icebreakers.
- Sanitation – personal cleanliness, toxins and poisons
- Safety – electrical hazards, types of kitchen accidents.
- Safety – food borne illness, improper food handling techniques, proper thawing of frozen foods.

**Week 2:**

- Safety test
- Use and care of kitchen equipment – maintaining kitchen equipment, care and cleaning of different equipment.
- Food terminology – ball game to recall different terminology learned the previous year.
- Casserole dishes – types of casserole dishes, parts that make up a casserole dish, advantages of making a casserole.
- Lab work – chicken and rice casserole, shepherd's pie.

**Week 3:**

**Week 4:**

- Lab work – create their own casserole.
- Nutritional labeling/ dietary guidelines for Americans – how to read the nutritional labels and how to analyze the nutritional panel facts.

**Notes:**

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

~ October 2010 ~

**Week 1:**

- Nutritional needs of children – growing needs of children, nutritional requirements.
- Lab work – monkey bread

**Week 2:**

- Nutritional needs of teenagers – adolescence, nutritional needs during the stage, emotional and physical changes occurring
- Lab work – taco pie, dream cake

**Week 3:**

- Lab work – pigs in the blanket
- Nutritional needs of old age – different diseases that occur during old age, nutrition that occurs due to disease condition.

**Week 4:**

- Lab work – one bowl chocolate cake.

**Notes:**

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

~ November 2010 ~

**Week 1:**

- Thanksgiving lab work– lasagna , old fashioned biscuits.

**Week 2:**

- Thanksgiving lab work – turkey kabobs, cranberry apple turkey stuffing

**Week 3:**

- Thanksgiving lab work – deep dish pizza, green beans with almonds.
- Main food regions of the US – different regions of the US and food from that region

**Week 4:**

- Main food regions of the US – make lunch, dessert and breakfast from different regions of US ( dish decided by each group)
- Lab work – shoofly pie, chili con carne and corn bread.

**Notes:**

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

**~ December 2010 ~**

**Week 1:**

- Main food regions of Canada – tabulate the regions and the food from different regions.
- Plan lunch, breakfast and dessert from regions of Canada.
- Lab work – croquettes,

**Week 2:**

- Lab work – food from different regions of Canada made.
- Meal of their choice from Canada prepared.
- Worksheet: Review of different foods in the USA and Canada.

**Week 3:**

- Project work- hunger and obesity in the USA (organizations that help out in the US, NJ and the local communities. ) Research work done in the Library using computers.

**Week 4:**

**HOLIDAY**

**Notes:**

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

~ January 2011 ~

**Week 1:**

- Text book – Foods of South America( Latin America) – graphic organizers to help find out food from different countries of the Latin world.
- Plan a meal from one country in South America.
- Execute food lab from South America – Gallo pinto
- Worksheet – Spanish to English translation of food terms; popular dishes in Latin America and Carribean

**Week 2:**

- Lab work: a dish from South America.
- Text book – foods from the Caribbean – graphic organizer to analyze the different regions and foods.
- Lab work: jerk chicken
- Review for Midterms.

**Week 3:**

- Review for Midterm exams – theoretical review

**Week 4:**

- Foods of the western, northern and southern Europe – graphic organizer of food in UK and Ireland.
- Lab work – Irish scones
- Students research on the different foods and plan a meal from UK and Ireland.
- Students execute food lab planned.

**Notes:**

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

~ February 2011 ~

**Week 1:**

- Foods of the western, northern and southern Europe – graphic organizer of France, Germany, Belgium and Netherlands
- Lab work – potato dumplings
- Students research on the different foods and plan a meal from France, Germany, Belgium and Netherlands
- Students execute food lab planned

**Week 2:**

- Foods of the western, northern and southern Europe – graphic organizer of Switzerland, Austria, Denmark, Sweden, Norway, Finland and Iceland.
- Lab work – Swedish meat balls
- Students research on the different foods and plan a meal from Switzerland, Austria, Denmark, Sweden, Norway, Finland and Iceland.
- Students execute food lab planned

**Week 3:**

- Foods of the western, northern and southern Europe – graphic organizer of Spain and Portugal.
- Lab work – marzipan.
- Students research on the different foods and plan a meal from Spain and Portugal .
- Students execute food lab planned

**Week 4:**

- Foods of the western, northern and southern Europe – graphic organizer of Italy and Greece
- Lab work – baklava
- Students research on the different foods and plan a meal from Italy and Greece
- Students execute food lab planned

**Notes:**

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

~ March 2011 ~

**Week 1:**

Foods of the western, northern and southern Europe – worksheets: - essay on which food they liked and why.  
Worksheets- herbs and spices used in the region learned. , vocabulary,  
Test on chapter - Foods of the western, northern and southern Europe; Latin America and Caribbean.

**Week 2:**

- Foods of Eastern Europe and Russia — graphic organizer of Baltic countries, central countries, Balkan countries, Ukraine, Belarus, Moldova.
- Lab work – Hungarian goulash.
- Students research on the different foods and plan a meal from Baltic countries, central countries, Balkan countries, Ukraine, Belarus, Moldova.
- Students execute food lab planned

**Week 3:**

- Foods of Eastern Europe and Russia — graphic organizer of the Caucasus, central Asian countries and Russia
- Lab work – Blini
- Students research on the different foods and plan a meal from Caucasus, central Asian countries and Russia
- Students execute food lab planned

**Week 4:**

- Foods of Eastern Europe and Russia – worksheet: languages of the regions, calculating exchange rates, staple food of the regions, word search.
- Foods of the South, East and Southeast Asia - graphic organizer of cuisine of South Asia – Indian dishes
- Lab work – biryani

**Notes:**

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

~ April 2011 ~

**Week 1:**

- Students research on the different foods and plan a meal from Indian dishes
- Students execute food lab planned
- 

**Week 2:**

- Foods of the South, East and Southeast Asia - graphic organizer of cuisine of East asia – china
- Lab work – Chicken Manchurian
- Students research on the different foods and plan a meal from china.
- 

**Week 3:**

- Students execute food lab planned for China.
- Foods of the South, East and Southeast Asia - graphic organizer of cuisine of East asia – Japan, north and south korea
- Lab work – chicken teriyaki
- Students research on the different foods and plan a meal from Japan north and south korea

**Week 4:**

- HOLIDAY

**Notes:**



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

~ May 2011 ~

**Week 1:**

- Students execute food lab planned for Japan, north and south Korea
- Foods of the South, East and Southeast Asia - graphic organizer of cuisine of South East Asia – Laos, Thailand, Cambodia, Vietnam.
- Lab work – pho
- Students research on the different foods and plan a meal from Laos, Thailand, Cambodia, Vietnam.

**Week 2:**

- Lab work- students execute food lab from Laos, Thailand, Cambodia, Vietnam.
- Worksheet – changing recipe yields, multiple choice questions, matching definitions.
- Foods of the southwest Asia, middle east, and Africa- graphic organizer of grains, spices, meats, fruits and vegetables in the areas.

**Week 3:**

- Foods of the southwest Asia, middle east, and Africa- plan and prepare meals from the region.
- Lab work – hummus and pita chips.
- Worksheet – price for spice, commas and modifiers, researching diversity.

**Week 4:**

- Review for FINAL EXAM

**Notes:**

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

*~ June 2011 ~*

**Week 1:**

- Review for FINAL EXAM

**Week 2:**

- Review for FINAL EXAM

**Week 3:**

**Week 4:**

**Notes:**

