SPRING GROVE AREA SCHOOL DISTRICT

PLANNED COURSE OVERVIEW

Course Title: Introduction to Creative Foods	**Length of Course:** 15 cycles
Grade Level(s): Grade 9-12	**Periods Per Cycle:** 3
Units of Credit: .25	**Length of Period:** 43 minutes
Classification: Elective	**Total Instructional Time:** 32.25 hours

Course Description

This is an introductory course designed to meet the needs of students in today's fast-paced lifestyles in our society. Food choices are made more difficult by the variety of non-nutritious fast foods available on the market, and obesity and food-related illnesses are prevalent. In this course, students will examine the USDA's MyPlate and will choose menu items that fit into a MyPlate diet. Meal planning, interpreting nutrition facts labels, and shopping skills will be emphasized. Labs will include items from all five categories of MyPlate: Protein, Grains, Fruits, Vegetables, and Dairy. Students will also gain knowledge in use of kitchen equipment and tools, food and kitchen safety, and selection and preparation of foods.

Instructional Strategies, Learning Practices, Activities, and Experiences

Teacher Lecture
Guide to Good Food Textbook
Teacher-prepared Worksheets
Guide to Good Food Student Workbook Activities
Food Preparation Labs
Student Collaboration Projects
Nearpod Presentations
Cooking Portfolio
Current Event Articles with Constructive Responses
Cooking Evaluations

Assessments

Rubrics
Cooking Evaluations
Socrative Quizzes and Test
Teacher-prepared Tests
Peer Reviewed Assignments
Final Exam

Materials/Resources

Guide to Good Food Textbook
Teacher-prepared Activity Sheets
Teacher-prepared Outlines
Food Preparation Equipment
Cookbooks
Teacher-prepared PowerPoint
Presentations
iPads and Applications
Google Classroom

Adopted: 10/16/91
Revised: 9/98; 10/04; 5/15/2017

Kitchen Equipment and Measuring	
CONTENT/KEY CONCEPTS	**OBJECTIVES/STANDARDS**
Kitchen Equipment Measuring Reading a Recipe Kitchen Safety	The students will be able to identify and describe uses of kitchen tools and small appliances. • Demonstrate proper use and care of foods-related equipment. • Exhibit appropriate measurement methods for ingredients. • Select and follow a recipe to show application of the food preparation process. • Recognize and demonstrate appropriate kitchen safety measures. 11.3.9.A Explain how scientific and technological developments enhance our food supply (e.g., food preservation techniques, packaging, nutrient fortification). 11.3.9.G Analyze the application of physical and chemical changes that occur in food during preparation and preservation.

MyPlate	
CONTENT/KEY CONCEPTS	**OBJECTIVES/STANDARDS**
MyPlate Proteins Vegetables Fruits Dairy Grains	Students will be able to evaluate their diet based on MyPlate and analyze how their diet compares to the government recommendations. • Analyze the proteins that fit into a MyPlate diet. • Prepare a protein dish that fits into a MyPlate diet. • Compare and contrast the types of dairy products and analyze how those dairy products fit into a MyPlate diet. • Prepare a dish that contains dairy and fits into a MyPlate diet. • Identify when fruits and vegetables are in season or out of season and analyze alternative options for those fruits and vegetables when they are not in season. • Demonstrate how to prepare a vegetable and fruit dish that fits into a MyPlate diet. • Compare and contrast the types of grains. • Prepare a complex carbohydrate dish that fits into a MyPlate diet. 11.3.12.A Analyze how food engineering and technology trends will influence the food supply. 11.3.12.B Evaluate the role of government agencies in safeguarding our food supply (e.g., USDA, FDA, EPA and CDC). 11.3.12.C Evaluate sources of food and nutrition information.

Nutrition Labels and Packaging	
CONTENT/KEY CONCEPTS	**OBJECTIVES/STANDARDS**
Nutrition Labels and Packaging Meal Planning	The student will be able to evaluate a nutrition facts label. • Explain the importance of a food package to the marketing of a product. • Plan a nutritious, aesthetically-pleasing meal. 11.3.9.A Explain how scientific and technological developments enhance our food supply (e.g., food preservation techniques, packaging, and nutrient fortification). 11.3.9.F Hypothesize the effectiveness of the use of meal management principles (e.g., time management, budgetary considerations, sensory appeal, balanced nutrition, safety, and sanitation). 11.3.9.G Analyze the application of physical and chemical changes that occur in food during preparation and preservation.