Course No: C703

Orange Unified School District

FOODS II

Year Course

GRADE LEVEL: 10- 12

PREREQUISITES: None

INTRODUCTION TO THE SUBJECT:

Foods II continues in the fundamentals of food preparation and food science. Foods that are studied and prepared in the lab using a variety of preparation methods are cakes and frosting, pastries, poultry, stocks, soups, sauces, appetizers, hors d'oeuvres, pork, lamb, fish, and shellfish. Vegetarian, microwave, international and American regional cooking are included. The study of nutrition is continued. Careers related to Foods and Nutrition are continued. Advanced Placement in Nutrition and Foods (N62) at Santa Ana College may be obtained with a grade of "B" or better.

The Food and Nutrition Content Area Standards have been incorporated in the Course Objectives.

COURSE OBJECTIVES:
BY THE END OF THE COURSE THE STUDENT WILL BE ABLE TO:

1.0 NUTRITION AND HEALTH: Understand the application of the principals of nutrition and their relationship to good health throughout the life cycle. They will demonstrate proficiency by:

1.1 Defining the relationship between nutrition and good health.

1.2 Explaining and comparing the food categories and recommended saving in the Food Cycle Pyramid with those in their daily diet.

1.3 Identifying the major nutrients and explaining their functions and sources.

1.4 Comparing and analyzing label information on food products

1.5 Describing food-related illnesses, including anorexia, bulimia, obesity, and malnutrition.

1.6 Explaining the process of digestion, absorption, and metabolism in the body's use

of food.

1.7 Defining the criteria for the evaluation of nutritional information and categorizing them into valid and non-valid sources.

1.8 Evaluating nutritional needs that occur during various stages of the life cycle and designing a diet to meet the changing nutritional needs of individuals in different stages of the life cycle.

1.9 Examining the relationship of lifestyle, occupation, gender, age, body structure, stress, and other factors to nutritional needs, food choices and habits.

1.10 Analyzing the effects of poor nutrition and substance abuse on prenatal, child teen, and adult development and health.

1.11 Reviewing and reporting on current research that examines the effects of food additives, salt, sugar, fats, and complex carbohydrates.

1.12 Defining current nutritional terminology, such as natural, organic, reduced fat, and enriched.

1.13 Comparing and evaluating dietary programs and information that deal with weight control and nutrition.

1.14 Evaluating the influence of the media on nutrition and physical fitness.

1.15 Identifying and describing the services of public and private agencies that provide food and nutrition information and protection to customers at the local, state, and national levels.

2.0 FOOD SAFETY AND SANITATION: Understand the principles of maintaining food safety and sanitation. They will demonstrate proficiency by:

2.1 Identifying organisms that cause food spoilage, sources of contamination, and conditions required for the growth of the organisms.

2.2 Identifying common types of food borne illnesses.

2.3 Employing sanitary practices before, during, and after food preparation and service.

2.4 Selecting proper techniques for storage and preparation of food.

2.5 Describing the agencies that determine food safety regulations.

2.6 Comparing the responsibilities of various governmental agencies concerned with food safety and nutrition.

2.7 Analyzing messages about food safety issues that consumers receive from the media.

3.0 FACILITIES AND EQUIPMENT: Understand the selection, use, and care of safe and efficient facilities and equipment. They will demonstrate proficiency by:

3.1 Identifying and minimizing safety hazards in the kitchen.

3.2 Identifying and selecting steps to be followed during emergencies related to accidents with food and equipment.

3.3 Listing special precautions to ensure safe kitchen environments for children and individuals with special needs.

3.4 Analyzing a variety of surfaces and materials used in kitchens and assessing their characteristics in terms of sanitation, safety, and maintenance.

3.5 Designing a kitchen plan that incorporates the principles of safety and efficiency, including the work triangle concept.

3.6 Describing food preparation equipment and appliances in terms of needs, want, cost, safety, efficiency, use, and care.

3.7 Applying appropriate practices when using, maintaining, and storing food preparation equipment and appliances.

3.8 Comparing the characteristics of similar equipment in terms of time, cost, storage, size, maintenance, safety, and efficiency.

3.9 Using a variety of appliances, equipment, and techniques to prepare food and meals.

3.10 Developing a list of the most essential equipment and appliances for individuals and families on limited budgets and with limited food preparation facilities.

4.0 MEAL MANAGEMENT: Understand the principles of food purchasing and meal management. They will demonstrate proficiency by:

4.1 Identifying ways to manage time, energy, and resources when planning and preparing meals.

4.2 Using the management techniques for conserving time, energy, and resources when planning and preparing foods or meals.

4.3 Using consumer skills to save money when selecting foods.

4.4 Applying decision-making skills for purchasing food.

4.5 Comparing information on food labels to compute unit cost, serving sizes, and amounts needed.

4.6 Planning meals that apply the principles of contrasts in flavors, colors, textures, and temperatures.

4.7 Comparing the advantages and disadvantages of using commercially prepared and convenience food products with those of using home-prepared foods in terms of cost, quality, nutritional value, time, and energy.

4.8 Developing a food budget for an individual or a family or both based on income, nutritional needs, and stages of the life cycle.

` 4.9 Comparing information about fresh and processed food in terms of storage, safety, use, cost, and nutritional value.

4.10 Using consumer skills in selecting food that include comparing and selecting quality, unit prices, products, expiration dates, and brands.

4.11 Identifying and comparing local food source outlets for cost, convenience, services, and variety of selections.

4.12 Summarizing the advantages and disadvantages of preparing meals at home and dining out.

4.13 Comparing meals and computing meal costs for time, money, resources, nutritional quality, and satisfaction for various lifestyles and different stages of the life cycle.

5.0 FOOD PREPARATION: Understand the principles of food preparation. They will demonstrate proficiency by:

5.1 Using appropriate equipment and techniques for dry and liquid measurements.

5.2 Converting volume and weight measurements to increase and decrease yields of recipes.

5.3 Interpreting a standardized recipe to prepare a food product.

5.4 Defining food preparation terminology used in the preparation of a variety of food products.

5.5 Describing the properties and functions of ingredients used to prepare foods.

5.6 Applying food preparation techniques that preserve nutrients and enhance the flavor and appearance of food.

5.7 Identifying food preparation techniques that can affect health.

5.8 Defining and demonstrating food preparation techniques and skills.

5.9 Analyzing time, energy, equipment, and use of resources in food preparation for individuals and families with various lifestyles or at different stages of the life cycle.

5.10 Applying basic concepts of food preparation and nutrition by planning, preparing, and serving aesthetically pleasing and nutritious meals.

5.11 Selecting appropriate food ingredients as substitutions on standardized recipes.

5.12 Investigating and describing current trends in food preparation.

6.0 MEAL SERVICE AND ETIQUETTE: Understand the styles of meal service and commonly accepted etiquette practices. They will demonstrate content proficiency by:

6.1 Practicing basic table-setting techniques.

6.2 Practicing table manners and etiquette as commonly accepted in the United States.

6.3 Describing and practicing table settings for various occasions.

6.4 Describing and practicing a variety of meal service styles.

7.0 FOOD AND CULTURE: Understand that culture influences food choices and etiquette. They will demonstrate proficiency by:

7.1 Identifying regional differences in the United States affecting the preparation and service of foods.

7.2 Identify cultural difference affecting the preparation and service of foods.

7.3 Researching different cultures and comparing food preparation techniques, table setting, meal etiquette, and food habits and traditions commonly found in the

United States.

7.4 Relating the influence of such factors as culture, geographic region, and socioeconomic status on food choices and habits.

8.0 THE SCIENCE OF FOOD AND NUTRITION: Understand the principles of science related to food preparation and nutrition. They will demonstrate proficiency by:

8.1 Defining nutrients and nutrient density.

8.2 Applying the basic principles of science to food preparation.

8.3 Analyzing and comparing the nutrient composition of a variety of foods and recipes.

8.4 Relating the types and functions of proteins, carbohydrates, fats, vitamins, and minerals to dietary needs and associated health conditions throughout the life.

8.5 Describing the biochemical processes enabling the body to use nutrients from food.

8.6 Describing the function of chemicals and additives in specific foods.

8.7 Describing modifications in diet and physical activity to meet the nutritional needs of individuals in various ages groups with different body types, activity levels, and health conditions.

8.8 Explaining the effects of medications, alcohol, and drugs on the absorption and metabolism of nutrients.

8.9 Applying data from nutritional research studies to evaluate information on nutrition and diet.

8.10 Describing the physical and chemical processes that occur during food preparation and the effects of cooking methods and ingredient substitution on food products and their nutritional value.

9.0 FOOD PRODUCTION AND TECHNOLOGY: Understand food production, processing, distribution methods, and the relationship of those techniques to the consumer food supply. They will demonstrate proficiency by:

9.1 Describing technological advances that have affected food production, processing, and distribution.

9.2 Evaluating the impact of current and emerging food technologies on food quality, availability, and cost.

9.3 Analyzing health, safety, and environmental issues related to current and emerging food technologies, such as irradiation and genetic engineering.

9.4 Describing quality assurance procedures used in food science or food processing companies or both.

9.5 Investigating and describing the evolution and development of food products and preparation equipment.

9.6 Describing and comparing different methods of preserving foods, including freezing, drying, canning, dehydrating, and using cold storage,

9.7 Explaining the methods used in the United States and other countries for retarding bacterial growth in food processing and distribution.

10.0 CAREERS RELATED TO FOOD SERVICE, FOOD SCIENCE, DIETETICS, AND NUTRITION: Understand careers related to food service, food science, dietetics, and nutrition. They will demonstrate content proficiency by:

10.1 Identifying characteristics of effective food service, food science, dietetics, and nutrition professionals.

10.2 Comparing personal interest, aptitudes, and abilities with those required in food service, food science, dietetics, and nutrition careers.

10.3 Evaluating career options related to food service, food science, dietetics, and nutrition, including labor, market projections, educational requirements, job responsibilities, salary benefits, employers' expectations, and working environment.

COURSE OVERVIEW AND APPROXIMATE UNIT TIME ALLOTMENTS:

FIRST SEMESTER	**WEEKS**
I. Lab Orientation	1

A. Personal and kitchen cleanliness
B. Proper food storage
C. Operation and care of kitchen utensils, equipment and appliances
D. Using a recipe
E. Measurements and equivalents
F. Kitchen safety
G. Lab procedures
H. Table setting and etiquette

II. Cakes and Frosting **WEEKS**

A. Methods of cake preparation 3
B. Effects of mixing methods and time of finished products
C. Methods of cooked and uncooked frosting preparation
D. Steps in frosting a layer cake
E. Comparison of standard recipe vs. mixed in cake and frosting preparation
F. Nutritive value of cakes and frostings
G. Cake storage
H. Preparation and serving of cakes and frostings in the foods laboratory using the principles of cake and frosting preparation
I. Assessment criteria for cakes and frostings

III. Pastry 2

A. Kinds of pastry
B. Ingredients in pastry and function of each
C. Principles of pastry preparation techniques (methods)
D. Preparation techniques of a two-crust pie
E. Methods of decorating pie crust edge
F. Cost comparison of standard pie crust to convenience pastry products pastry products
G. Methods of preparing fillings for fruit pies, tarts, turnovers, and pot pies
H. Comparison of nutritive value of various pastries
I. Preparation and serving of pastries in the foods laboratory using the principals of pastry preparation
J. Methods for storing pies and pastries
K. Assessment criteria for pies and pastries

IV. Poultry 2-4

A. Types of poultry
B. Principles of buying poultry
C. Safety and sanitation procedures of handling poultry
D. Preparation principles for poultry preparation
E. Serving techniques for poultry
F. Nutritive value of poultry to other protein rich foods
G. Preparation and serving of poultry in the foods laboratory using the principles of poultry preparation
H. Assessment criteria for poultry

V. Stock, Soups, Sauces 2

A. Preparation techniques of stock types
B. Soup making techniques
C. Sauce making techniques
D. Methods of storing stocks, soups, and sauces
E. Best thickening agent to produce a sauce

F. Cost comparison of standard recipe products to already prepared and partially prepared products **WEEKS**
G. Nutritive value of stocks, soups, and sauces
H. Preparation and serving of stocks, soups, and sauces in the foods laboratory using the principles of stock, soup, and sauce preparation techniques
I. Assessment criteria for stocks, soups, and sauces

VI. International Cooking 3-5
A. Foods as it relates to history, geography, religion, custom, climate, and economy of a country
B. Typical meal patterns of people who live in foreign countries
C. Common ingredients used in the food preparation of foreign countries
D. Nutrient content of the foods in foreign countries
E. Typical preparation techniques used I foreign countries
F. Dishes that people in the United States of America enjoy that have come from other countries
G. Researching, planning, preparing, and serving typical foods representative of a foreign country
H. Methods of preparing filling
I. Comparison of nutritive value of pastry
J. Preparation and serving of pastries in the foods laboratory Using the principles of pastry preparation
K. Methods for storing pies
L. Assessment criteria for pies and pastry

SECOND SEMESTER

VII. Appetizers and Hors d'oeuvres 1-2
A. Types of appetizers
B. Preparation methods and techniques for each type of appetizer
C. Storage of appetizers
D. Nutritive value of appetizers
E. Preparation and serving of appetizers
F. Assessment criteria of appetizers

VIII. Nutrition Through the Life Cycle 2-3
A. Links between science, food, and health
B. Function of nutrients in the human body
C. Importance of wellness in life
D. Daily food choices
E. Importance of maintaining the right weight
F. Food need for different stages of the life cycle
G. Health problems can affect food needs
H Appropriate foods for special needs

IX. Microwave Cookery
- A. Development of the microwave oven
- B. Microwave oven designs to cook safely and efficiently
- C. Microwave terminology
- D. Selecting utensils for microwave use
- E. Principles of microwave cookery techniques
- F. Precaution of microwave usage
- G. Care of the microwave oven
- H. Adapt conventional recipes to the microwave oven
- I. Preparation and serving of foods in the foods laboratory using the principles of microwave cooking
- J. Assessment of foods cooked in the microwave oven
- K. Assessment of techniques and utensils used in the microwave oven

X. Pork, Veal, and Lamb 2-3
- A. Pork, veal, and lamb cuts
- B. Principles for buying pork, veal, and lamb
- C. Safety and sanitation procedures in handling pork, veal, and lamb
- D. Preparation techniques/methods for preparing pork, veal, and lamb
- E. Serving techniques
- F. Nutritive value of pork, veal, and lamb to other protein rich foods
- G. Preparation and serving pork, veal, and lamb in the foods laboratory using the principles of pork, veal, and lamb preparation techniques
- H. Assessment criteria of pork, veal, and lamb

XI. Fish and Shellfish 1-2
- A. Fish classifications
- B. Finfish and shellfish differences
- C. Principles of buying fish
- D. Safety and sanitation procedures for handling fish and shellfish
- E. Preparation techniques and methods for preparing fish and shellfish
- F. Nutritive value of fish to other protein rich foods
- G. Preparation and serving of fish in the foods laboratory using the principles of fish preparation
- H. Assessment criteria of fish

XII. Vegetarian Cookery 2-3
- A. Vegetarian diets
- B. Nutritive value of vegetarian diets
- C. Nutritious vegetarian diet for lacto-ovo, lacto-vegans, and vegans
- D. Basic vegetarian cooking techniques
- E. Preparation and serving of vegetarian diet recipes in the

in the food laboratory

F. Assessment criteria of vegetarian recipes using standard foods criteria

XII. American Regional Cookery 3-5

A. Foods customs in different regions of the United States
B. Regional food customs and their influences on American cooking
C. Typical food characteristics of regional cooking
D. Regional food changes from time to time
E. Nutrient content of the foods in different regions of the United States
F. Typical preparation techniques used in various regions
G. Researching, planning, preparation, and serving typical foods representative of a region of the United States

XIII. Careers 1-2

A. General career areas in the field of foods and nutrition
B. Qualifications needed to work in career areas
C. Steps involved in finding a job
D. Job entry requirements
E. Career potentials

DATE OF LAST CONTENT REVISION:

DATE OF CURRENT CONTENT REVISION: June 2002

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