

**BCCS**  
**FOODS and CLOTHING CURRICULUM MAP**  
 (Revised – no revision date as of 5-11-09)

Month	Content <i>What topic(s) is being covered and what is the important vocabulary? What do students need to know?</i>		Skills <i>What do students have to be able to do connected to the Content?</i>	Essential Questions <i>What are fundamental, enduring questions that will guide study and instruction?</i>	Standards/ Benchmarks <i>What benchmarks are met through this topic?</i>	Instruction <i>What activities are used to develop the skills and knowledge?</i>	Resources <i>What materials, texts, videos, internet, software, or human resources support instruction?</i>	Assessment <i>What evidence (products and/or performances) is collected to establish that the Content and Skills have been learned?</i>
September	Topic: Guidelines for Good Nutrition	Vocabulary: Dietary Guidelines moderation Food Guide Pyramid nutrient-dense	List Dietary Guidelines for Americans List food groups and identify correct serving sizes in Food Guide Pyramid.	What are the dietary guidelines for Americans? Draw and label the part of the food guide pyramid? How many servings are allowed in each food group? How much is considered to be a serving size in each food group? What are safety and sanitation hazards in a kitchen? How can you prevent accidents and food poisoning?	H3.2, 6.5, 6.6, 6.7	study guide poster videos	Textbook: Food for Today Worksheets: Student Workbook Small and Large Kitchen Appliances Videos:	Worksheets Food Pyramid Poster Test
	Kitchen Safety and Sanitation	Heimlich Maneuver CPR sanitation microorganism toxins parasites cross-contamination spores shelf life shelf-stable perishable freezer burn	Identify safety hazards in kitchen. Describe how to prevent kitchen accidents and food borne illness.					
	Recipe Skills: Parts or and Kitchen Math	yield volume equivalent desired yield	Identify parts of a recipe. Double recipe or cut in half. Identify measurement abbreviations and perform recipe equivalencies.	What are the 7 parts of a recipe? Complete the following math equivalencies.		Study Guide recipe cards worksheets demonstrations		
	Kitchen Appliances and Equipment	small appliances large appliances cooking utensils	Identify large and small kitchen utensils. Explain what equipment is used for.	What are large and small appliances? What is each used for? What are the cooking utensils we use?		small appliance video tour of lab		

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October	Topic: Food Preparation Techniques	Vocabulary: techniques for cutting techniques for mixing other tasks dry heat methods moist heat methods frying methods combination methods microwaving	Describe various preparation techniques. Accurately measure dry, and liquid ingredients. Apply information given in recipe when performing lab.  Accurately and thoroughly prepare for labs.	Describe the following preparation techniques. How do you measure each ingredient?  Accurately fill out the lab plan worksheet.		Reading Demonstrations Cooking Labs Study Guide  Lab Plan	Textbook: Food for Today Lab Work Plan Form Various worksheets	Performance based labs:
	Preparing Convenience Foods	analogues formed product reconstitute	Identify convenience foods and choose nutritious variety. Discuss pros and cons of convenience foods.	What are convenience foods? How can you choose healthy convenience foods?		Food containers, food labels Video Study Guide		Worksheets Sewing Equipment Quiz Performance Test Sewing Machine Parts Quiz Hand stitches samples Sewing Kit
	Preparing Fruits and Vegetables	drupes tuber cruciferous vegetables unitized mature fruits ripe fruits enzymatic browning chlorophyll	Describe types of fruits and vegetables. Identify guidelines for buying fresh produce. Identify effects of cooking fruits and vegetables. Describe methods for cooking fruits and vegetables.	What are the different types of fruits and vegetables and how can you prepare them? What are the guidelines to follow when purchasing fresh fruits and vegetables?		Study Guide Video Fruit Lab Vegetable Lab		

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November	Topic: Preparing Grains	Vocabulary: germ endosperm bran enrichment fortified legumes	Describe nutrients found in grains and legume products. Identify different grains and legumes. Give guidelines for buying and storing grains and legumes. Explain how to cook grains and use legumes.	What are the nutrients found in grain products? Identify and label each part of a grain kernel. What are guidelines for buying and storing grain products? What are the different techniques used to cook grains? What nutrients are found in dairy products? What are guidelines for buying and storing dairy products? What are problems associated with cooking with dairy foods? What are the ways in which too prepare eggs?		Study Guide Video Demonstration Grain lab		
	Preparing Dairy Foods and Eggs:	nonfat milk solids pasteurized ultra-pasteurization homogenized cultured ripened cheese unripened cheese scalded milk albumen chalazae coagulate quiche soufflé meringue	Identify nutrients and types of dairy foods. Give guidelines for buying and storing dairy products. Identify ways to prevent problems when cooking with milk. Discuss how to use yogurt and cheese in recipes. Explain how to use and cook eggs.			Study Guide Demonstrations Dairy Lab Egg Lab		
	Preparing Meats:	cut marbling wholesale cuts retail cuts variety meats curing giblets crustaceans mollusks doneness	Identify the different types of meats and nutrients found in each. Identify different cuts of meats and the difference in cost to the consumer.	What are the different types of meats you eat and their nutrient value? Describe the difference between different cuts of meats.		Study Guide Demonstration Worksheets Meat lab		

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December	Topic: Preparing Combination Foods: Soups and Salads	Vocabulary: emulsion base body bouillon white sauce aromatic vegetables au jus	Choosing nutritious snacks. Select, wash, and store various salad greens. Plan and assemble a nutritious salad. Describe difference and how to prepare broths and white sauce soups. Plan and prepare one-dish meals.	What are some easy-to-prepare nutritious snacks? Describe how to prepare a nutritious salad. What is the difference between a broth and a white sauce or gravy? What are the essentials to a nutritious one-dish meal?		Study Guide Worksheets Test Performance based lab: soups salads		Foods labs Tests
	Baking: Quick Breads and Cookies	gluten leavening agent knead cut in rolled biscuits drop biscuits quick-mix method shortened cakes foam cakes	Identify basic ingredients in baking. Describe the quality of characteristics of properly mixed and baked muffins and biscuits. Describe procedure for making yeast breads. Describe types cakes, cookies, and pies.	What are the basic ingredients used in baking? What does a properly mixed/baked muffin look like? How do you make yeast breads? What are some different cakes, cookies, and pies?		Study Guide Worksheets Test Performance based lab: Chocolate Chip cookies Pizza		Foods labs Tests
	Sewing Skills	sewing equipment hand stitches parts of sewing machine	Identify basic sewing equipment. Perform 5 hand stitches. Identify parts of sewing machine.	What is the purpose of each hand stitch? What do we use the different sewing tools for? Identify the parts of the sewing machine.	Worksheets: Sewing equipment, hand stitches, sew on paper Video: Basic Hand Sewing Haahn Craft Sewing Kits	Sewing Tools Worksheet Performance Test Hand stitches Sewing kit	Worksheets: Sewing equipment, hand stitches, sew on paper Video: Basic Hand Sewing Haahn Craft Sewing Kits	Haahn Craft Sewing Kit
January	Topic: Sewing Skills (cont.)	Vocabulary:	Use sewing machine safely and correctly. Complete sewing project.	Demonstrate the ability to use the sewing machine correctly and safely. Apply skills learned by completing the sewing project.		Performance Test Sew on Paper Haahn Craft Sewing Kit		

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April	Topic:	Vocabulary:						
May	Topic:	Vocabulary:						
June	Topic:	Vocabulary:						