

Batavia Public Schools

Foods I

8th Grade-one trimester

1. Subject Expectation

Students will demonstrate food preparation principles necessary to prepare basic food products.

- 8.2 Demonstrate food safety and sanitation
- incorporate sanitation principles in the foods laboratory and at home.
 - recognize safety hazards in the kitchen
- 8.2.5 Practice good personal hygiene/health procedures
- demonstrate personal hygiene necessary to prevent contamination
 - Demonstrate appropriate behavior and communication skills in a team environment
 - Model cooperative responsibility or food preparation, safety/sanitation and clean up in a team environment.
- 8.2.6 Demonstrate proper purchasing, receiving, storage, and handling of both raw and prepared foods.
- 8.3.5 Demonstrate procedures for safe and secure storage of equipment and tools.
- Demonstrate competency in using basic kitchen equipment
 - Know maintenance principles related to equipment in the foods lab

2. Subject Expectation

Students will demonstrate and evaluate knowledge and skills necessary for food preparation.

- 8.5.1 Demonstrate skills in safe handling of knives, tools, and equipment
- Demonstrate and practice measuring, mixing, cutting, and cooking methods necessary to prepare foods using the pyramid food groups
- 8.5.2 Demonstrate skill for a variety of cooking methods.
- Evaluate product outcome for appearance, flavor, and texture
 - Know and define terms related to food preparation and handling

- 8.5.4 Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding of variety of foods.
 - Know and learn life skills in order to apply them to real situations moving toward self-sufficiency.
- 8.5.7 Prepare various fruits, vegetables, starches, legumes, dairy products, fats and oils using safe handling and preparation techniques.
- 8.5.10 Prepare breads, baked goods and desserts using safe handling and preparation techniques.
- 8.5.12 Demonstrate plating, garnishing, and food presentation techniques.
 - Set an informal table appropriate for the menu
 - Exhibit proper use of tableware

3. Subject Expectation

Students will analyze factors that influence nutrition wellness practices across the life span.

- 9.3.6 Critique the selection of foods to promote a healthy lifestyle
 - Identify how positive health practices and relevant health care can help reduce health risks
 - Analyze diets based on the food guide pyramid and USDA dietary guidelines
- 14.1.2 Analyze the effects of cultural and social influences on food choices and other nutrition practices.
 - Cultural reports
- 14.2.4 Analyze sources of food and nutrition information, including food labels, related to health and wellness.
 - Read food labels for understanding of nutrition facts
 - Compare and contrast food labels.

4. Subject Expectation

Students will demonstrate ability to acquire, handle, and use foods to meet nutrition and wellness needs of individuals and families across the life span.

14.3.3 Demonstrate ability to select, store, prepare, and serve nutritious and aesthetically pleasing foods.

- Understand and explain basic nutrition facts to reduce health risks
- Name and explain the functions and food sources of the six major nutrients
- Recognize healthy food choices.

5. Subject Expectation

Students will analyze career paths within the food production and food services industries

8.1.1. Explain the roles, duties, and functions of individuals engaged in food production and services careers.

8.1.2 Analyze opportunities for employment and entrepreneurial endeavors.

- Examine various careers in the food industry such as professional chef, food stylist, food scientist etc.