

**COMMUNITY UNIT SCHOOL DISTRICT 101  
BATAVIA HIGH SCHOOL**

Foods & Nutrition  
High School- Grades 9,10,11,12  
One semester  
Elective

**1. Subject expectation: The student will demonstrate nutrition and wellness practices that enhance individual and family well-being.**

**Essential learning 1:**

Analyze factors that influence nutrition and wellness practices across the life span. Make application to daily living.

- a. Compare the impact of psychological, cultural and social influences on food choices.
- b. Assess the effect of nutrients on health, appearance and peak performance.
- c. Understand the impact of food and fad diets, eating disorders and other stumbling blocks to wellness.
- d. Identify various dietary guidelines to meet wellness needs.
- e. Design strategies that meet health and nutrition requirements in our daily lives.

**2. Subject Expectation: The student will understand food safety and sanitation in cooking for healthful eating and food preparation.**

**Essential Learning 2:**

Evaluate factors that affect food safety from production to consumption.

- a. Determine conditions and practices that promote safe food handling.
- b. Monitor sources of food-borne illnesses.
- c. Identify Danger Zone temperatures for home and food service preparation.
- d. Review federal and state regulations for consumer

labeling and nutrition information.

**Subject Expectation: The student will understand the impact of science and technological advances on nutrient content, safety and food production.**

**Essential Learning 3:**

Understand the purposes and functions of ingredients in various preparation methods. Convenience foods, scratch recipes and current food trends will be used.

- a. Each food unit will provide the why and how **question/answers as it applies in food preparation** and general food knowledge.
- b. Current food trends are applied to both preparations and nutrition concerns.
- c. Demonstrate proper use of technology in the kitchen setting
- d. Exploration of recipes will be encouraged through extra credit.

**Subject Expectation: The student will acquire basic skills of a variety of equipment through application in a lab setting.**

**Essential learning 4:**

Identify and apply all basic tools and knife skills in food preparation.

- a. Apply correct professional knife care and cutting techniques.
- b. Properly use measurement tools, time-saving devices, and basic preparation equipment for correct product.

**Subject Expectation: Integrate knowledge, skills and practices required for food careers.**

**Essential Learning 5:**

Explore food career paths within the food industry and food service.

- a. Within each food unit, students will become aware of jobs and careers available in the marketplace.
- b. Guest chefs will demonstrate and provide job descriptions.
- c. Awareness of education and training requirements for career paths in food production will be provided.

**Subject Expectation: Demonstrate and apply knowledge through use of Math via reduction of recipes, understanding of metric vs. standard measurement and ratios of quantities.**

**Essential Learning 6:**

Solve problems using comparisons of quantities in recipes for ratios and proportions.

- a. Calculate and change volume of recipes
- b. Compute price per serving.
- c. As a consumer, learn price per serving and amounts to purchase for nutritional purposes and costs per serving.

**Subject Expectation: Speak and react in group situations through group participation.**  
**Essential Learning 7:**

Speak effectively using appropriate language to the situation and audience.

- a. Problem-solve within a group setting and evaluate the solutions to produce a successful product.
- b. Recognize and assume different roles to support a team approach.
- d. Plan with market orders and job assignments. Evaluate the finished product.

for thoroughness and completion of tasks.

**Subject Expectation: Students will understand the basic knowledge of the following food topics through preparation and awareness of information.**

**Essential Learning 8:**

Define and explain a variety of foods for nutritional value, preparation ease and accuracy and simple awareness of the food item. Food guide pyramid will be used as a guide.

- a. Explain nutritional values, preparation methods and safe handling and storing practices of common foods.
- b. Suggest ways to incorporate those foods into a healthy well-balanced diet based on the Food Guide Pyramid.
- c. Complete the course studies in the following food units using science principles, food knowledge and student preparation and evaluation
  - 1. Quick breads & Yeast breads
  - 2. Dairy
  - 3. Eggs
  - 4. Fruits
  - 5. Vegetables
  - 6. Salads and Salad Dressings
  - 7. Grains
  - 8. Meats
    - i. Poultry
    - j. Cookies
    - k. Cakes

Material above is based on National Family Consumer Science Standards.