

Fairfield Public Schools Family Consumer Sciences Curriculum

Global Foods 20



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Students will experience the aromas, flavors, and culinary artistry of many diverse cultures while preparing traditional foods, street foods, and baked goods from around the world.

In this course the learner will:

- explore the relationship between food and culture.
- identify and compare foods representative of a variety of cultures.
- demonstrate knowledge and skills in the planning, preparation and evaluation of foods from a variety of cultures.
- employ appropriate safety and sanitation procedures.
- demonstrate basic culinary competencies.
- investigate potential culinary careers.
- apply skills across disciplines.

National Standards for Family and Consumer Sciences Education

Developed by the National Association of State Administrators of FCS

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Area of Study 2.0			
Consumer and Family Resources			
Comprehensive Standard			
Evaluate management practices related to the human, economic, and environmental resources.			
Content Standards		Competencies	
2.1	Demonstrate management of individual and family resources such as food, clothing, shelter, health care, recreation, transportation, time, and human capital.	2.1.1	Apply management and planning skills and processes to organize tasks and responsibilities.
		2.1.2	Analyze how individuals and families make choices to satisfy needs and wants.
		2.1.3	Analyze decisions about providing safe and nutritious food for individuals and families.

Area of Study 8.0			
Food Production and Services			
Comprehensive Standard			
Integrate knowledge, skills, and practices required for careers in food production and services.			
Content Standards		Competencies	
8.1	Analyze career paths within the food production and food services industries.	8.1.2	Analyze opportunities for employment and entrepreneurial endeavors.

8.2	Demonstrate food safety and sanitation procedures.	8.2.5	Practice good personal hygiene/health procedures, including dental health and weight management, and report symptoms of illness.
		8.2.7	Demonstrate safe food handling and preparation techniques that prevent cross contamination from potentially hazardous foods, between raw and ready-to-eat foods, and between animal and fish sources and other food products.
		8.2.10	Demonstrate safe and environmentally responsible waste disposal and recycling methods.
8.3	Demonstrate industry standards in selecting, using, and maintaining food production and food service equipment.	8.3.5	Demonstrate procedures for safe and secure storage of equipment and tools.
		8.3.6	Identify a variety of types of equipment for food processing, cooking, holding, storing, and serving, including hand tools and small ware.
8.4	Demonstrate menu planning principles and techniques based on standardized recipes to meet customer needs.	8.4.2	Apply menu-planning principles to develop and modify menus.
		8.4.3	Analyze food, equipment, and supplies needed for menus.
		8.4.4	Develop a variety of menu layouts, themes, and design styles.
		8.4.5	Prepare requisitions for food, equipment, and supplies to meet production requirements.
8.5	Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer needs.	8.5.1	Demonstrate professional skills in safe handling of knives, tools, and equipment.
		8.5.2	Demonstrate professional skill for a variety of cooking methods including roasting, broiling, smoking, grilling, sautéing, pan frying, deep frying, braising, stewing, poaching, steaming, and baking using professional equipment and current technologies.
		8.5.3	Utilize weights and measurement tools to demonstrate knowledge of portion control and proper scaling and measurement techniques.
		8.5.4	Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding of variety of foods.
		8.5.5	Prepare various meats, seafood, and poultry using safe handling and professional preparation techniques.
		8.5.6	Prepare various stocks, soups, and sauces using safe handling and professional preparation techniques.
		8.5.7	Prepare various fruits, vegetables, starches, legumes, dairy products, fats, and oils using safe handling and professional preparation techniques.

		8.5.8	Prepare various salads, dressings, marinades, and spices using safe handling and professional preparation techniques.
		8.5.9	Prepare sandwiches, canapés and appetizers using safe handling and professional preparation techniques.
		8.5.10	Prepare breads, baked goods and desserts using safe handling and professional preparation techniques.
		8.5.11	Prepare breakfast meats, eggs, cereals, and batter products using safe handling and professional preparation techniques.
		8.5.12	Demonstrate professional plating, garnishing, and food presentation techniques.
		8.5.14	Demonstrate cooking methods that increase nutritional value, lower calorie and fat content, and utilize herbs and spices to enhance flavor.

Area of Study 13.0			
Interpersonal Relationships			
Comprehensive Standard			
Demonstrate respectful and caring relationships in the family, workplace, and community.			
Content Standards		Competencies	
13.3	Demonstrate communication skills that contribute to positive relationships.	13.3.2	Demonstrate verbal and nonverbal behaviors and attitudes that contribute to effective communication.
		13.3.3	Demonstrate effective listening and feedback techniques.
13.5	Demonstrate teamwork and leadership skills in the family, workplace, and community.	13.5.1	Create an environment that encourages and respects the ideas, perspectives, and contributions of all group members.
		13.5.2	Demonstrate strategies to motivate, encourage, and build trust in group members.
		13.5.3	Demonstrate strategies that utilize the strengths and minimize the limitations of team members.
		13.5.4	Demonstrate techniques that develop team and community spirit.
		13.5.5	Demonstrate ways to organize and delegate responsibilities.
		13.5.6	Create strategies to integrate new members into the team.
		13.5.7	Demonstrate processes for cooperating, compromising, and collaborating.

Area of Study 14.0			
Nutrition and Wellness			
Comprehensive Standard			
Demonstrate nutrition and wellness practices that enhance individual and family well-being.			
Content Standards		Competencies	
14.1	Analyze factors that influence nutrition and wellness practices across the life span.	14.1.2	Analyze the effects of psychological, cultural, and social influences on food choices and other nutrition practices.
		14.1.3	Analyze the governmental, economic, and technological influences on food choices and practices.
		14.1.4	Analyze the effects of global and local events and conditions on food choices and practices
14.2	Evaluate the nutritional needs of individuals and families in relation to health and wellness across the life span.	14.2.1	Analyze the effect of nutrients on health, appearance, and peak performance.
		14.2.2	Analyze the relationship of nutrition and wellness to individual and family health throughout the life span.
		14.2.4	Analyze sources of food and nutrition information, including food labels, related to health and wellness.
14.3	Demonstrate ability to acquire, handle, and use foods to meet nutrition and wellness needs of individuals and families across the life span. (Corrected 1-09-09)	14.3.1	Apply various dietary guidelines in planning to meet nutrition and wellness needs.
		14.3.3	Demonstrate ability to select, store, prepare, and serve nutritious and aesthetically pleasing foods.
14.4	Evaluate factors that affect food safety from production through consumption.	14.4.1	Analyze conditions and practices that promote safe food handling.
		14.4.2	Analyze safety and sanitation practices throughout the food chain.
		14.4.4	Analyze federal, state, and local inspection and labeling systems that protect the health of individuals and the public.
		14.4.5	Analyze food borne illness factors, including causes, foods at risk, and methods of prevention commercially and by individuals and families.

Family and Consumer Sciences Connecticut Technical Education Standards

Culinary and Food Production

B. Food Safety and Sanitation: Demonstrate food safety and sanitation procedures.

- 5. Demonstrate good personal hygiene and health procedures and report symptoms of illness.
- 7. Demonstrate safe food handling and preparation techniques that prevent cross contamination from potentially hazardous foods, between raw and ready-to-eat foods, and between animal and fish sources and other food products.

E. Professional food Preparation Methods and Techniques: Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer needs.

- 13. Demonstrate professional skills in safe handling of knives, tools, and equipment.
- 14. Demonstrate professional skills for a variety of cooking methods including roasting, broiling, smoking, grilling, sautéing, pan frying, deep frying, braising, stewing, poaching, steaming, and baking using professional equipment and current technologies.
- 16. Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding of variety of foods.
- 17. Prepare various meats, seafood, and poultry using safe handling and professional preparation techniques.
- 18. Prepare various stocks, soups, and sauces using safe handling and professional preparation techniques.
- 19. Prepare various fruits, vegetables, starches, legumes, dairy products, fats, and oils using safe handling and professional preparation techniques.
- 20. Prepare various salads, dressings, marinades, and seasonings using safe handling and professional preparation techniques
- 22. Prepare breads, baked goods, and desserts using safe handling and professional preparation techniques.
- 23. Prepare breakfast meats, eggs, cereal grains, and batter products using safe handling and professional preparation techniques
- 24. Demonstrate professional plating, garnishing, and food presentation techniques.

Global Foods – 20

Assessments

Assessments are based on student's ability to accomplish skill objectives.

Student's progress in the Introduction to Global Foods 20 will be measured with both formative and summative performance based assessments.

Common assessments will be used and correlated within each unit.

Teacher Resources

- Internet, tablets, books, texts, magazines, online textbooks and resources
- Equipment to support current industry trends involving modern and regional cooking equipment. This may include: smokers, sous vide, vacuum sealer, induction burners, ice cream machines, paco jet, arti griddles.

Units	Essential Questions:	Central Understandings	Skill Objectives
		Students will understand:	Students will be able to:
Nutrition: Healthy Eating Habits	How do various cultures make traditional foods healthy?	<ul style="list-style-type: none"> • a beneficial diet includes a variety of foods providing vitamins, minerals, fiber, carbohydrates, protein, fats, and water. • the health benefits of traditional ingredients represented in various cultures. • the nutritional value of various food preparation techniques. 	<ul style="list-style-type: none"> • identify a variety of nutrient dense foods used in the cuisine of various cultures. • demonstrate a range of healthy food preparation techniques.
Safety and Sanitation	How does safe and effective use of kitchen equipment and tools increase competency?	<ul style="list-style-type: none"> • foodborne disease is a result of improper hygiene, food handling, storage, and sanitation techniques. • the importance of maintaining a clean, sanitary, safe work area. • hands must be washed constantly when dealing with food. • appropriate safety practices help to prevent kitchen accidents. • emergency procedures to implement should an accident occur. • the impact of human imprint on our world. 	<ul style="list-style-type: none"> • operate and maintain appliances and kitchen equipment correctly, following safety procedures to prevent accidents. • properly clean and sanitize a kitchen workstation. • store materials and products correctly. • dispose of waste and recyclables in an environmentally safe manner • employ ServSafe procedures for handling food to minimize the risk of food borne illnesses. • implement correct first aid and emergency procedures.

<p>Culinary Basics</p>	<p>How do different cultures approach the preparation and serving of various foods?</p> <p>How does teamwork affect my kitchen group?</p>	<ul style="list-style-type: none"> • proper kitchen procedures are key to kitchen efficiency. • the correct selection and use of kitchen tools and equipment used in the preparations of foods of various cultures. • if you can read and follow directions your cooking experience will be successful. • accurate measurements. • a variety of cultural dining traditions. • create and maintain a personal recipe file. 	<ul style="list-style-type: none"> • demonstrate correct selection and use of kitchen tools and equipment used in the preparation of foods of various cultures. • utilize correct cooking methods. • read and follow a recipe to completion. • <i>mise en place</i>. • convert recipe yields to smaller and larger quantities. • measure accurately. • demonstrate proper waste disposal and recycling methods. • take responsibility for role in cooperative work until completion of lab. • create and execute a personalized recipe file.
<p>Planning, Preparation and Evaluation of Global Foods</p>	<p>How do climate and geography influence what we eat?</p>	<ul style="list-style-type: none"> • the connection between food, climate, geography, and culture. • the variety of tools, techniques, and equipment used to prepare global foods. 	<ul style="list-style-type: none"> • identify geographic and climatic factors that influence the characteristics of global foods. • describe how culture and customs affect food choices. • prepare foods native to different geographical locations and cultures. • plate and present foods according to traditions of the culture. • select and evaluate recipes from a variety of cultures.

Careers	How will I apply skills learned to my future?	<ul style="list-style-type: none"> • potential career paths within and outside of the hospitality industry. 	<ul style="list-style-type: none"> • identify a variety of careers within the hospitality industry and related professions.
Culinary Across Disciplines	How does this course help me to appreciate and understand other cultures through their foods?	<ul style="list-style-type: none"> • every culture has a variation of staple food items. • the individual contributions of various cultures to the global marketplace. • recipe conversions. • math skills are necessary when following recipes and preparing foods. • the dynamics of teamwork within a kitchen unit. • problem solving. • how chemical reactions affect food. 	<ul style="list-style-type: none"> • adjust recipe yields. • exhibit positive work behavior in group settings. • collaborate within group settings. • observe chemical reactions in foods. • read and follow a recipe to completion.