

# Fairfield Public Schools

## Family Consumer Sciences Curriculum

### Grade 8 Curriculum - Foods



# Family & Consumer Sciences Foods & Nutrition - 8<sup>th</sup> Grade

## 8<sup>th</sup> Grade Overview

In 8<sup>th</sup> grade, the Foods & Nutrition course is an elective, implemented over a 10-week period allowing students a deeper exploration of potential career paths, which can be further investigated through culinary electives offered in High School. The 8<sup>th</sup> grade curriculum expands upon the food preparation skills and nutrition concepts learned in the 6<sup>th</sup> and 7<sup>th</sup> grade courses. In 8<sup>th</sup> grade, the learner will plan and prepare food using fresh, minimally processed ingredients as they express themselves creatively through food preparation and presentation.

### **In 8<sup>th</sup> grade Foods & Nutrition, the learner will:**

- work in teams to create healthy meals
- identify where our foods come from
- research the six major nutrients
- sharpen skills to apply advanced food preparation skills

# National Standards for Family and Consumer Sciences Education

Developed by the National Association of State Administrators of FCS

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<b>Area of Study 1.0</b>			
<b>Career, Community and Family Connections</b>			
<b>Comprehensive Standard</b>			
Integrate multiple life roles and responsibilities in family, work, and community settings.			
<b>Content Standards</b>		<b>Competencies</b>	
1.2	Demonstrate transferable and employability skills in school, community and workplace settings.	1.2.3	Apply communication skills in school, community and workplace settings.
		1.2.4	Demonstrate teamwork skills in school, community and workplace settings.
		1.2.8	Demonstrate work ethics and professionalism.
<b>Area of Study 2.0</b>			
<b>Consumer and Family Resources</b>			
<b>Comprehensive Standard</b>			
Evaluate management practices related to the human, economic, and environmental resources.			
<b>Content Standards</b>		<b>Competencies</b>	
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.
		2.1.3	Analyze decisions about providing safe and nutritious food for individuals and families.

<b>Area of Study 8.0</b>			
<b>Food Production and Services</b>			
<b>Comprehensive Standard</b>			
Integrate knowledge, skills, and practices required for careers in food production and services.			
<b>Content Standards</b>		<b>Competencies</b>	
8.2	Demonstrate food safety and sanitation procedures.	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.
8.5	Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer needs.	8.5.13	Demonstrate cooking methods that increase nutritional value, lower calorie and fat content, and utilize herbs and spices to enhance flavor.

<b>Area of Study 14.0</b>			
<b>Nutrition and Wellness</b>			
<b>Comprehensive Standard</b>			
Demonstrate nutrition and wellness practices that enhance individual and family well-being.			
<b>Content Standards</b>		<b>Competencies</b>	
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		14.3.1	Apply various dietary guidelines in planning to meet nutrition and wellness needs.

<p>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)</p>	<p>14.3.3</p>	<p>Demonstrate ability to select, store, prepare, and serve nutritious and aesthetically pleasing foods.</p>
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## Family & Consumer Sciences Foods & Nutrition – 8<sup>th</sup> Grade

### Assessments

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

Student’s progress in the 8<sup>th</sup> Grade Foods & Nutrition course 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, teacher texts, current and relevant magazines, online resources.
- Modern kitchen equipment, small appliances, hand tools, and other relevant supplies and materials.

Units	Essential Questions	Central Understandings	Skill Objectives
Foods & Nutrition		Students will understand:	Students will be able to:
Healthy Eating Habits	Why should I eat this instead of that?	<ul style="list-style-type: none"> <li>• some foods are better for you than others.</li> <li>• foods prepared from scratch are healthier than processed foods.</li> </ul>	<ul style="list-style-type: none"> <li>• make a variety of recipes using fresh minimally processed foods.</li> <li>• identify healthy foods.</li> <li>• identify healthy eating habits.</li> </ul>
Food Safety and Sanitation	What responsibilities do I have in the kitchen?	<ul style="list-style-type: none"> <li>• sanitation and food preparation skills essential for preventing food-borne illnesses.</li> </ul>	<ul style="list-style-type: none"> <li>• demonstrate food safety and sanitation procedures utilizing the 4 C's.</li> </ul>
Kitchen Safety	How can I prevent accidents in the kitchen?	<ul style="list-style-type: none"> <li>• safety procedures to prevent kitchen accidents.</li> </ul>	<ul style="list-style-type: none"> <li>• practice safety habits to prevent accidents.</li> </ul>
Food Preparation	What does <i>mise en place</i> mean?	<ul style="list-style-type: none"> <li>• food terms, tools and techniques.</li> </ul>	<ul style="list-style-type: none"> <li>• demonstrate correct selection and use of kitchen tools.</li> <li>• understand recipe terminology and abbreviations.</li> <li>• produce a variety of food products.</li> <li>• demonstrate techniques for food preparation.</li> <li>• use a variety of small kitchen appliances.</li> </ul>
Knife Skills	<p>How do I use this knife?</p> <p>Which knife should I use for this task?</p>	<ul style="list-style-type: none"> <li>• use and care of knives.</li> </ul>	<ul style="list-style-type: none"> <li>• utilize proper knife cuts according to the recipe.</li> <li>• demonstrate safe handling of knives.</li> <li>• demonstrate rough cut and slice.</li> </ul>

Measuring Techniques	What will happen if I don't measure correctly?	<ul style="list-style-type: none"> <li>• selection and use of measuring tools</li> </ul>	<ul style="list-style-type: none"> <li>• accurately use dry and liquid measuring tools.</li> </ul>
Interdisciplinary Skills	What measuring skills do I need to prepare food?	<ul style="list-style-type: none"> <li>• understand the application of math, reading and following directions as it applies to cooking.</li> </ul>	<ul style="list-style-type: none"> <li>• read and follow instructional materials.</li> <li>• apply appropriate math skills.</li> <li>• select and use the appropriate measuring tools.</li> </ul>