

Family & Consumer Sciences: Foods and Nutrition - 8th Grade

8th Grade Overview

In 8th 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 8th grade curriculum expands upon the food preparation skills and nutrition concepts learned in the 6th and 7th grade courses. In 8th grade, the learner will plan and prepare food using fresh, minimally processed ingredients as they express themselves creatively through food preparation and presentation.

In 8th 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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Area of Study 1.0

Career, Community and Family Connections

Comprehensive Standard

Integrate multiple life roles and responsibilities in family, work, and community settings.

Content Standards		Competencies	
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.

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		2.1.1	Apply management and planning skills and processes to organize tasks and responsibilities.

Area of Study 2.0			
Consumer and Family Resources			
	Demonstrate management of individual and family resources such as food, clothing, shelter, health care, recreation, transportation, time, and human capital.	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	
8.2	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.

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	
14.2	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.

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Assessments

Assessments are based on skill objectives.

Student's progress in the 8th 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	How can I make healthy food choices?	<ul style="list-style-type: none"> • some foods are better for you than others. • foods prepared from scratch are healthier than processed foods. 	<ul style="list-style-type: none"> • make a variety of recipes using fresh minimally processed foods. • identify healthy foods. • identify healthy eating habits.
Food Safety and Sanitation	What responsibilities do I have in the kitchen?	<ul style="list-style-type: none"> • sanitation and food preparation skills essential for preventing food-borne illnesses. 	<ul style="list-style-type: none"> • demonstrate food safety and sanitation procedures utilizing the 4 C's.
Kitchen Safety	How can I prevent accidents in the kitchen?	<ul style="list-style-type: none"> • safety procedures to prevent kitchen accidents. 	<ul style="list-style-type: none"> • practice safety habits to prevent accidents.
Food Preparation	What does mise en place mean?	<ul style="list-style-type: none"> • food terms, tools and techniques. 	<ul style="list-style-type: none"> • demonstrate correct selection and use of kitchen tools. • understand recipe terminology and abbreviations. • produce a variety of food products. • demonstrate techniques for food preparation.

			<ul style="list-style-type: none"> • use a variety of small kitchen appliances.
Knife Skills	How do I choose the correct knife for the task?	<ul style="list-style-type: none"> • use and care of knives. 	<ul style="list-style-type: none"> • utilize proper knife cuts according to the recipe. • demonstrate safe handling of knives. • demonstrate rough cut and slice.
Measuring Techniques	What will happen if I don't measure correctly?	<ul style="list-style-type: none"> • selection and use of measuring tools 	<ul style="list-style-type: none"> • accurately use dry and liquid measuring tools.
Interdisciplinary Skills	What measuring skills do I need to prepare food?	<ul style="list-style-type: none"> • understand the application of math, reading and following directions as it applies to cooking. 	<ul style="list-style-type: none"> • read and follow instructional materials. • apply appropriate math skills. • select and use the appropriate measuring tools.