

Fairfield Public Schools Family Consumer Sciences Curriculum

Regional American Foods 20



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Join us for an exciting culinary journey across the United States. In Regional American Foods, students will discover how food in America today reflects the country's history and origins by exploring food patterns, customs and preparation techniques of regional foods. Additionally, new American food trends, philosophies and technologies will be examined and incorporated into the recipes and menus the students will select and prepare.

In this course the learner will:

- identify and describe ethnic influences on food and traditions surrounding foods within regions
- demonstrate knowledge and skills in the planning and preparation of early American regional and/or ethnic foods
- employ appropriate safety and sanitation procedures
- demonstrate correct knife skills
- identify healthy eating habits
- investigate potential culinary careers
- apply cross discipline skills within the culinary curriculum

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.

C. Food Service Equipment: Demonstrate industry standards in selecting, using, and maintaining food production and food service equipment

10. Identify a variety of equipment used for food processing, cooking, holding, storing, and serving, including hand tools and small ware.

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.
15. Utilize weight and measurement tools to demonstrate knowledge of portion control and proper scaling and measurement techniques.
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.
21. Prepare sandwiches, canapés, and appetizers 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.

Regional American Foods 20

Assessments

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

Student's progress in the Introduction to Regional American Foods Level 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	Can Regional cuisines influence national health?	<ul style="list-style-type: none"> • a healthy diet includes a variety of foods which provide vitamins, minerals, fiber, carbohydrates, protein, fats, and water. • there is a balance between food intake and physical activity. • the benefits of buying regional, seasonal, and organic foods. • how information on a food label relates to their health and well-being. • homemade sweets are better for you in limited quantities than store bought processed sweets. 	<ul style="list-style-type: none"> • prepare and cook a variety of nutrient dense regional foods. • prepare several vegetarian dishes. • select, prepare, and store food to retain nutrients. • read a food label to evaluate the nutritional content. • identify healthy beverage choices.
Safety & Sanitation	<p>Why is the kitchen the most dangerous room in the house?</p> <p>How can kitchen injuries be prevented?</p> <p>How do I put out a small pan fire?</p> <p>How does food preparation impose environmental consequences?</p>	<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. • good 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 kitchen equipment correctly to prevent accidents. • properly clean and sanitize a kitchen workstation. • correctly store materials and products. • employ ServSafe procedures for handling food to minimize the risk of food borne illnesses. • implement correct first aid and emergency procedures. • Recycle and reuse.
Culinary Basics	<p>What is mise en place?</p> <p>Is it important to follow a recipe and why?</p>	<ul style="list-style-type: none"> • mise en place is key to kitchen efficiency. • terms, tools, and techniques necessary for food preparation. 	<ul style="list-style-type: none"> • name parts of the recipe. • identify recipe abbreviations and equivalents. • mise en place a recipe. • adjust recipe yields.

		<ul style="list-style-type: none"> • the structure and components of a recipe. • how to measure accurately. • plating and presentation. • how to create and maintain a personal recipe file. 	<ul style="list-style-type: none"> • measure accurately. • follow a recipe's instructions to completion. • demonstrate correct selection and use of kitchen tools. • utilize correct cooking techniques. • plate and present. • create and execute a personalized recipe file. • demonstrate proper waste disposal and recycling methods. 																		
Knife Skills	<p>How do I choose the appropriate knife for the task at hand?</p> <p>How do I use this knife?</p>	<ul style="list-style-type: none"> • the importance of knife safety • the ergonomics of the knife grip • the cutting motion • the following knife cuts: <ul style="list-style-type: none"> ○ mandoline ○ shuck ○ julienne ○ dice (small, medium, large) ○ mince ○ chiffonade 	<ul style="list-style-type: none"> • practice knife safety within the kitchens. • utilize the correct knife grip. • perform the correct cutting motions • demonstrate: <ul style="list-style-type: none"> ○ mandoline ○ shuck ○ julienne ○ dice (small, medium, large) ○ mince ○ chiffonade 																		
Planning, Preparation and Evaluation of Foods	<p>Why do regional cuisines exist?</p> <p>What influences regional cuisines?</p> <p>Do regional cuisines evolve?</p>	<ul style="list-style-type: none"> • the techniques and methods for preparing a variety of foods: <table style="margin-left: 20px;"> <tr> <td>slow roast</td> <td>sauté</td> </tr> <tr> <td>boil</td> <td>sear</td> </tr> <tr> <td>braise</td> <td>bake</td> </tr> <tr> <td>broil</td> <td>baste</td> </tr> <tr> <td>truss</td> <td>fry</td> </tr> <tr> <td>wedge</td> <td>pureeing</td> </tr> <tr> <td>sear</td> <td>dredging</td> </tr> <tr> <td>breading</td> <td>egg wash</td> </tr> <tr> <td>saucés</td> <td>pilaf</td> </tr> </table> 	slow roast	sauté	boil	sear	braise	bake	broil	baste	truss	fry	wedge	pureeing	sear	dredging	breading	egg wash	saucés	pilaf	<ul style="list-style-type: none"> • prepare a variety of meat and poultry items indicative of regional cuisines. • prepare a variety of foods that illustrate the different functions of eggs regionally. • prepare grains, seeds, and beans using a regional cooking methods. • prepare fruits and vegetables according to regional cuisines. • bake regional desserts from scratch.
slow roast	sauté																				
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saucés	pilaf																				

		<ul style="list-style-type: none"> mash smoking braise 	<ul style="list-style-type: none"> attractively present food products. plate an appropriate serving size. taste and evaluate food products.
Food Trends and Technology	What are top chefs doing now?	<ul style="list-style-type: none"> there are always new ways to cook familiar foods. new ingredients can be infused into regional cuisines. 	<ul style="list-style-type: none"> identify and use current technology. identify and use trends and ingredients that are being used by top chefs.
Careers	How can learning to cook lead to a future career?	<ul style="list-style-type: none"> potential career paths within the hospitality industry. 	<ul style="list-style-type: none"> identify a variety of careers within the hospitality industry.
Interdisciplinary Skills	<p>Why do I need math skills in culinary?</p> <p>Why can't I work with my friends?</p> <p>Why do I need to read instructional materials?</p>	<ul style="list-style-type: none"> recipe and unit conversions. fractions, multiplication, division, addition, subtraction leadership skills. the dynamics of teamwork within a kitchen unit. problem solving. how to interpret instructional materials. the effect of chemical reactions in foods. accurate measurement. ways to create and maintain a personal recipe file. the impact of food choices on a budget. 	<ul style="list-style-type: none"> adjust recipe yields using mathematical operations. divide and multiply fractions. practice unit conversions. collaborate appropriately within group settings. read and comprehend instructional materials. assume head chef responsibilities within a group setting. observe chemical reactions in foods. evaluate and write reflections based on lab experiences. make financially informed food purchases.