

Week 1: Health & Wellness (Text Ch. 1)
1) Create a Tri-fold displaying personal Wellness components:
a) Physical, psychological/emotional, and social health
2) Write 1-page essay to improve personal health goals; monitor progress for 1 week
Week 2 and Week 3: Nutrition (Text Ch. 5 & Ch. 10)
1) Research personal dietary recommendations by USDA (www.mypyramid.gov)
2) Identify balance between food and physical activity
3) Analyze food labels and popular fast-food items for fat, salt, and sugar content
Week 4: Kitchen Safety (Text Ch. 20 & Ch. 21)
1) Demonstrate safe food handling practices
2) Explain the relationship between microorganisms and foodborne illness
Week 5: Manners, Etiquette, and Kitchen Tools (Text Ch 19 & Ch. 22)
1) Demonstrate and explain basic table etiquette guidelines and rules of etiquette for eating at restaurants
2) Demonstrate and explain the use and care of kitchen tools and equipment
Week 6: Understanding, Altering Recipes & Measuring Ingredients (Text Ch. 24 & Ch. 25)
1) Analyze recipes and ways recipes might be modified
2) Choose and demonstrate appropriate use of tools and methods for measuring different types of food
Week 7: Cooking Lab #1 & #2 (Carbohydrates)
1) Pizza Bagels
2) Yeast Pizza Crust
Week 8: Cooking Lab #3 (Carbohydrates)
1) Pasta: Homemade Macaroni & Cheese
Week 9: Cooking Lab #4
1) Plan a balanced meal following USDA nutritional guidelines (low salt, sugar, & fat)
a) Research recipes, create grocery list within given \$ budget

Week 10: Cooking Lab #5 (Grains: Textbook Ch. 32 pgs. 451 - 452)
1) Rice: Chicken Pilaf (Roasting Chicken)
2) Biscuits: Drop Baking Powder
Week 11: Cooking Lab #6 (Halloween Celebration)
1) Candy-Coated Caramel Apples
2) Microwave Popcorn Balls
Week 12: Equivalentents & Quick Breads (Textbook Ch. 45 pgs. 623 - 624)
1) Substitute equipment for missing liquid/dry measuring cups, as well as measuring spoons
2) Cooking Lab #7: Muffins (Blueberry, Banana Nut, Chocolate Chip Pumpkin, & Surprise)
Week 13: Fruits (Textbook Ch. 30 pgs. 412 - 427)
1) Research project: "unusual fruits" (Cherimoya, Persimmons, Freijoa, Lychee, Sapote, etc.)
2) Cooking Lab #8: Applesauce and Fruit Smoothies
3) Test-tasting of "unusual fruits"
Week 14: Pies and Tarts (Textbook Ch. 47 pgs. 648 - 655)
1) One-Crust, Two-Crust, and Crumb-Topping Pies
2) Fluting and Lattice Top pies
3) Cooking Lab #9: Pumpkin Pie and Apple Pie
Week 15: Vegetables (Textbook Ch. 31 pgs. 430 - 445)
1) Taste-testing of preparing various vegetables: baked cauliflower, micro-sweet potatoes
2) Cooking Lab #10: Chicken Stir-Fry
Week 16: Christmas Cookie Lab
1) Cooking Lab #11: Scented Cinnamon Ornaments
2) Cooking Lab #12: Christmas Cookie baking with Kindergarten students
Week 17 & Week 18: Final Exams
1) Each student researches, plans, prepares, and serves either a healthy fruit, vegetable, dairy, or grain product from "scratch" that is simple and inexpensive to make
2) Each student explains cooking terms, needed equipment, and measuring techniques used for Final

Exam food product