

<b>Teacher: Ms. Price</b>
---------------------------

Room: 1330

Department: Family and Consumer Sciences

E-mail: [bprice@usd116.org](mailto:bprice@usd116.org)

Blog: <http://umshw.usd116.org/users/BPrice/>

Phone: 217-384-3685, Extension 1330

Conference / Meeting Times: by Appointment

<b>Class: 7<sup>th</sup> Grade Consumer Foods</b>
---

**Rationale Statement:**

Family and Consumer Sciences is an educational discipline that provides curriculum to assist the individual student in obtaining the knowledge, skills, and hands on experience required to meet the challenges of everyday life while preparing for their future. Family and Consumer Sciences provide resources and tools students can utilize to encourage them to become critically reflective of the social influences regarding family, schools, and communities. Students are prepared to become proactive community leaders in the economic, social, political and technical areas.

Family and Consumer Sciences plays a key role in strengthening families and empowering individuals to take action for well being of self, at home, school, workplace, and the community by using an integrated, systemic approach to relationships among individual's, their families, their communities and their environments, which they function. Throughout this course of study students will be provided with multiple opportunities to discover, explore, discuss, identify, compare, contrast, interpret, analyze, reflect, investigate, observe, and apply technical, vocational, and personal life skills through authentic modes and experiences. This discipline integrates personal development, character education, career assessment, academic preparation, personal responsibility, basic daily living skills, and citizenship, as basis to develop productive individuals, who can use critically thinking skills to solve problems and function effectively at home, school, and within their community.

**Course Length:**

Semester (18 weeks)

## **Student Learning Objectives/Targets:**

Upon Completion of this course, students will be able to:

- Describe what they can learn from studying food and nutrition
- Explain the meaning of wellness and good eating habits
- Identify the six key nutrients and their function in our body
- Explain what calories are and how our body uses energy
- Explore explain the purpose of the food guides and give example on using the food guide properly
- Explore the food pyramid and write example of foods from each category and the amount of recommend servings
- Create menus that represent food from each section of the food pyramid
- Record food dairy of individual eating habits and write a summary detailing changes or modifications to encourage healthier eating habits
- Explore how to choose healthy eating choices when eating out
- Analyze food labels and recipes
- Demonstrate how to prepare a recipe by following directions
- Review literature and information about food eating disorders
- Identity small and large kitchen appliances and explain their uses
- Explain basic food preparation and cooking terms
- Distinguish between the two basic systems of measurement and review the units of measurements used in recipes
- Demonstrate how to increase, decrease, or use substitutions in recipes
- Demonstrate how to properly measure dry, liquid, and solid ingredients
- Describe the characterizes of different cooking methods
- Demonstrate basic cooking techniques using a microwave oven
- Explain how to prevent accidents and safety hazards in the kitchen
- Explain how harmful bacteria make food unsafe
- Explain how to keep food safe when working in the kitchen area
- Demonstrate the proper storage procedures for food items
- Explore different food borne-illness and infections and explain how to prevent them from occurring
- Describe how to work effectively in the kitchen with group members to complete a task
- Describe hoe to cook with milk, cheese, and yogurt and discuss ways to incorporate milk, cheese, and yogurt into healthy eating plans
- Explore how to cook and prepare different type of grains, and ways to incorporate them into healthy eating plans
- Identify multiple fruits and vegetables and explore ways to incorporate them into healthy eating plans
- Describe basic procedure for selecting and storing fresh fruits and vegetables

- Explore ways to select and store meat products to ensure food safety
- Demonstrate the proper way to use meat thermometer
- Explain ways to incorporate healthy snacks into food plans
- Discuss the purpose of ingredients in baking and what happens during the baking process
- Summarize guideline for successful baking
- Demonstrate how to use proper measuring, mixing, and baking procedure to prepare a food product
- Participate in a Cultural Food History learning session
- Create recipe cookbook that contains each of the following elements: appetizer, salad, beverage, main entree, side dish, and a dessert

### **Instructional Materials and Resources:**

- Discovering Foods and Nutrition, McGraw Hill-Glencoe
- [www.mypyramid.gov](http://www.mypyramid.gov)
- [www.foodnetwork.com](http://www.foodnetwork.com)
- ILCTE – MyCAET.com (Family & Consumer Sciences / Vocational Subscription Educator Resource Site)
- Guest Speakers / Community Volunteers
- AG Magazines (Food & Agriculture)

### **Required Materials:**

- Student planner
- Pen and/or pencil
- Assignment Books
- Class Folder
- Positive Attitude

### **Assessment of Student Learning:**

Student's assessment is based on their achievement of the course's content in relation to the student learning objectives and/or targets. Student evaluation methods are of various aspects including but not limited to the following: food lab demonstration & experiences, writing assignments, tests, study guides, projects (individual and group), in-class assignments, homework, and multiple other activities that indicate student's overall performance and/or growth. Grading consist of total points earned out of possible points available.

### **Grading Scale:**

90-100% = A    80-89.9 = B    70-79.9 = C    60-69.9 = D    0-59.9 = F

### **Assignment Completion:**

Majority of assignments and/or projects are completed in class. Students are expected to participate and be productive when working in the classroom environment and focus on task completion. Homework assignments are at the discretion of the teacher and students will be provided with resources to complete assignments.

### **Make Up Work:**

Students will receive one day to complete missed assignments work for each excused absence. Assignments provided to students during suspension are due upon student's return to school. Students requesting extended absence assignments, three days or more, should contact teacher for arrangements, due dates, and completion requirements of late work.

### **Course Behavior Expectations:**

The school-wide Positive Behavioral Interventions and Supports (PBIS) is the criteria of expectation for students in classroom, hallways, & other school areas:

- Be Responsible - Arrive on time. Bring all necessary materials to class. Follow class procedures.
- Be Respectful - Speak respectfully to others. Listen while others are talking.
- Be Safe - Keep classroom clean. Keep hands, feet, and objects to yourself.
- Be Cooperative - Willing to work with others,

### **Student Consequences:**

- 1<sup>st</sup> Warning (Harassment, Bullying, Threatening, & Inappropriate Behavior) warrants no warning, immediate Administrative Referral
- 2<sup>nd</sup> Student & Teacher Conference (Intervention)
- 3<sup>rd</sup> Parent / Guardian Contact & Detention (30 minute – 48 hour notice)
- 4<sup>th</sup> Office Referral (Dean and/or Administrative)

### **Food Lab Experience:**

All students are required to complete all assignments prerequisites before participating in food lab activities and experiences.

Ms. Barbie Price  
FCS Department  
Urbana Middle School  
2013/2014