

Chilton High School

Family and Consumer Education

COURSE TITLE: Basic Foods

INSTRUCTOR: Mrs. Bonnie Mallmann

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COURSE DESCRIPTION:

At the completion of this course, students will demonstrate basic kitchen principles and kitchen math skills. They will demonstrate how to safely use, clean, and store small kitchen appliances, practice a variety of cooking techniques and prepare recipes including meats, salads, quick breads, vegetables and desserts.

This is a one-term course, which can only be taken once. Basic Foods is a prerequisite for Advanced Foods. You must earn a 2.7 or better in Basic Foods to enroll in Advanced Foods

Basic Foods Scope and Sequence

1. Kitchen Principles
 - Intro to the Kitchen, Safety, Sanitation, Food Storage
2. Recipes Skills
 - Recipe Basics, Measuring, Changing a Recipe, Prep work
3. Cooking Methods
 - Cooking equipment, Conventional, Convection, Microwaving and more
4. Baking
 - Ingredients, Techniques, Yeast products, Cookies, Pastries
5. Fruits and Vegetables
 - Choosing, Quality, Preparation
6. Food Combinations
 - Salads, Soups, Casseroles, Stir-fry

Grading Scale, Scoring, and Reporting:

Standards Based Grading -Students must be at a 2.09 or above overall in the Chilton Six in order to receive credit for the class. The score for each standard will be calculated based on the mode (most frequent). Scores for each standard will be provided on PowerSchool and updated weekly.

Standards

- *Demonstrate independence through questioning and perseverance*
- *Construct viable arguments through evidence*
- *Analyze and interpret abstract and quantitative data*
- *Develop and use appropriate model*
- *Obtain, evaluate, and communicate information*
- *Understand and respond to varying audiences, cultures, perspectives and purposes*

Employability Skills

- Respect
 - Demonstrates Respect for Self, Others, and School
 - Demonstrates Positive Attitude
 - Follows Classroom Expectations
 - Collaborates and works appropriately with group members
 - Cleans up lab station
- Responsibility
 - Listens to and Follows Directions
 - Comes to Class Prepared
 - Demonstrates Timeliness
 - Actively Participates in Classroom Activities
 - Uses device productively as instructed
 - Uses work time effectively as instructed

Reassessment Policy:

Each student may miss one cooking lab if it is an excused absence. After the first absence, students will then need to make-up the lab outside of class time with a preapproved recipe, complete a work form, takes 3 pictures or video of following: prep work, doing the recipe, and cleaning. Reassessment on written work will be a project based on the area of study.

Distinguish:

Students can distinguish themselves through enrichment activities beyond the scope and sequence of the course and through the Employability Standards: Respect and Responsibility.

Absolutely no behavior, which may injure or hamper the safety of other students, will be tolerated. Any such behavior will result in immediate removal from class and Mr. Rude or Mr. Trace will be involved.

Expectations:

1. Safety is a must
2. Sanitation
3. Written work
 - a. If you are missing any written work, you will not participate in the lab.
4. Class Volume
5. In Order to take Advance Foods you must earn a 2.7 or better.

Consequences:

1. Detention
2. Detention and Parent Contact
3. Detention, Parent Conference before returning to class

I have read the above class expectations from Mrs. Cisler or Mrs. Mallmann foods class and I understand the consequences.

Sign: _____ Dated: _____

Parent: _____ Dated: _____

Food Lab Assessment

Standards	Exceeding (3)	Meeting (2)	Attempting (1)
<p>FPS1.b The Student will demonstrate OSHA and/or industry safety and sanitation procedures in selecting, using and maintaining food production and food service equipment.</p>	<p>Demonstrates skills in safe handling of tools and equipment, follows sanitation guidelines and can model and assist others or can apply learning to other content. <u>Safety Skills</u> Hands, Hair, Apron, Toes</p>	<p>Demonstrates skills in safe handling of tools and follows sanitation guidelines without support. <u>Safety Skills</u> Hands, Hair, Apron, Toes</p>	<p>Can recite proper safety and sanitation guidelines, but does not follow them. <u>Safety Skills</u> Hands, Hair, Apron, Toes</p>
<p>FPS1.e The Student will demonstrate professional food preparation methods and techniques to produce a variety of foods.</p>	<p>-Demonstrate knowledge of proper measurement tools and skills. -Demonstrates skills for a variety of cooking methods. -Can model and assist others or can apply learning to other content.</p>	<p>Utilizes measurement tools to demonstrate knowledge of proper measurements. Demonstrates Skills for a variety of cooking methods without support.</p>	<p>Does not follow basic measuring techniques, or understand differences in cooking methods. Dry vs. Liquid Measuring Terms. Bake, Broil, Sauté, Steam, Boil, Simmer...</p>
<p>FPS1.f The Student will demonstrate concepts of quality service and customer satisfaction.</p>	<p>-Student works well with group, applying time and work management skills and can model for others or apply learning elsewhere. -Stay in own lab, work together, stay on task.</p>	<p>-Student works well with group, applying time and work management skills. -Stay in own lab, work together, stay on task.</p>	<p>Student struggles to; - Stay in own lab - Work together - Stay on task</p>
<p>FPS1.d The Student will demonstrate recipe and meal planning to meet customer needs.</p>	<p>Reads, understands and applies recipe concepts without support and can model for others or apply learning elsewhere</p>	<p>Reads, understands and applies recipe concepts without support.</p>	<p>Does not apply basic skill knowledge, but attempts to create a product.</p>
<p>Employability Skills:</p> <ul style="list-style-type: none"> • Attendance /Punctuality • Initiative • Collaboration • Respect /Citizenship 	<p>-Consistently demonstrates and models the skills necessary to be an effective and valued employee. -Attend class daily; be on-time. -Takes charge; does not wait for others to do the work. -Teamwork! -No rudeness, poor language, leave it better than you found it.</p>	<p>Demonstrates the skills necessary without support to be an effective and valued employee.</p>	<p>-Is absent or tardy 3 or more days -Waits for others or to be told to do the work -Does not work well with team Is rude -Uses poor language -Does not put things away or clean up.</p>

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