

Curriculum Map

Grade: 9-12 Subject: NUTRITION AND WELLNESS Building: MHS Teacher: Christina Stipher

	Quarter 1	Quarter 2	Quarter 3	Quarter 4
Essential question	What are basic safety techniques to using the kitchen correctly? How can I safely prepare food to minimize the risk of food borne illness? Why is equipment located in specific areas of the kitchen and how will I use it?	What are the proper quick bread mixing methods? How can I identify a ripe vegetable? What are some proper ways to prepare a vegetable?	What foods are classified as dairy? How do I properly prepare recipes with dairy products? What is the function of an egg in a recipe?	What are the different types of cookies? How are soups prepared and stored?
Content in terms of essential concepts and topics	Safety practices Sanitation procedures Equipment placement Measuring technique	Quick breads vegetables combination foods	Dairy pie	Cookie demonstrations done by students soups
Standard/skills (i.e., processes and skills emphasized – State Academic Standards and MCSC skills)	2.6 3.1 3.2 3.3	4.1 4.5 5.1 5.2 5.3 5.4	4.3 4.5 5.1 5.4 4.3 4.5 5.4 5.4	4.3 4.5 5.1 5.4
Products / Assessments It is assumed that students will be assessed with traditional tests.	Identify potentially harmful situations in class. Demonstrate proper sanitation technique. Show proper locations of equipment	Vegetable identification and evaluation Lab grade	Recipe evaluation Lab grade	Student ability to demonstrate proper procedure while providing class information on different cookie types. Lab grade
Resources	Textbook video state safety and sanitation criteria	Textbook	Textbook video	Textbook