

Food and Nutrition 1st 9-Weeks Lesson Plans

Plans for August 22/23, 2016

Warm-up: Student Information Sheet

Procedures: 1) Welcome

2) Teacher Introduction PowerPoint

3) Go over Syllabus & Class Guidelines

4) FCS Tools & Equipment Form - Due next class

5) Lunches

6) Get to Know – Paper folding group activity – drawing a person in the Food Production Industry

Plans for August 24/25, 2016

Warm-up: Lifestyle Assessment

Procedures: 1) Return all signed forms

2) A3-

A4-Discipline Guidelines & Searches

3) PowerPoint - Intro to Chapter 1

4) PowerPoint - Why We Eat

Plans for August 26/29, 2016

Warm-up: List what you have eaten the past 24 hours. Why did you eat those things?

Procedures: 1) Lecture: Begin Chapter 1 - Food Affects Life - pg 4 – 10 TEKS – (c) (1) (B), (c) (3) (G)

2) PowerPoint - What the World Eats

PowerPoint: Chinese Walmart

3) Video: Start Your Habit Today: Inspired Wellness – youtube.com – 4:21

4) Worksheets: Your Food Habits - Due at the end of class

Plans for August 30/31, 2016

Warm-up: Food Choices vs. Health - pp

Procedures: 1) Lecture: Conclude Chapter 1 - Food Affects Life – pg. 11 - 21

2) Worksheet: Chapter 1 Study Sheet - Due at the end of class

3) Video: Discovery Education – Cultures, Similarities, and Differences – 24:26

4) **Chapter 1 Test – Next Class**

Plans for September 1 / 2, 2016

Procedures: 1) Video: How Much Food can you buy for \$5 around the World? 1:44

2) Review for Chapter 1 Test

3) **Chapter 1 Test**

4) Video: Can Eating Insects Save the World? - YouTube.com – (59:00)

Plans for September 6/7, 2016

Warm-up: Equipment Scramble

- Procedures:** 1) Lecture: Begin Chapter 9 – Utensils – pg 180-193 – **TEKS (c) (5) (B)**
2) PP of Utensils & Demonstration: Functions of less common kitchen utensils
3) Worksheet: Small Equipment Identification – Due at the end of class
4) Complete Video: Can Eating Insects Save the World? - YouTube.com – (59:00)

Plans for September 8/9, 2016

Warm-up: What's Cooking? / Equipping Your Kitchen

- Procedures:** 1) Lecture: Conclude Chapter 9 - Kitchen Utensils
2) Kitchen Utensils BINGO
3) Worksheet: Equipment Review - pg 56

Plans for September 12/13, 2016

Warm-up: Utensils in Action/Kitchen Word Search

- Procedures:** 1) Utensils Pictionary
2) Video: Youtube.com – How to Measure Ingredients – 4:03
3) PowerPoint: Utensils
4) Worksheet: Chapter 9 Study Sheet - pg 150
5) **Chapter 9 Test - Next Class**

Plans for September 14/15, 2016

Warm-up: Measuring Techniques

- Procedures:** 1) Review for Chapter 9 Test
2) **Chapter 9 Test**
3) Video Clips: Bacteria on Lemons
Rats at Taco Bell
4) City of Denton Restaurant Scores
5) Video: Dirty Dining – www.msnbc.msn.com/id/3473728 - Dateline-13:27
Top 10 Dirty Fast Food Restaurants

Plans for September 16/19, 2016

Warm-up: PowerPoint – Protecting yourself when eating out

- Procedures:** 1) Newspaper Article: Simple Measures Make Food Safer
2) Begin Chapter 6 – Safeguarding Health – **TEKS (c) (4) (a-c)**
3) Videos: YouTube.com – A Bathroom Story: Handwashing – 3:21
Wash Your Hands-Seinfeld – 1:16
Deadliest Listeria Outbreak in 25 yrs – :52
Food Borne Illnesses – (WXII 12 News) - 1:41
4) Review Hand washing steps
5) Activity: Glo Germ Handwashing

Plans for September 20/21, 2016

Warm-up: Safety & Sanitation Quiz

- Procedures:** 1) Lecture: Complete Chapter 6 – Safeguarding Health
2) Videos: Food Safety – Discovery Education – 8:11
Mythbusters 5 Second Rule – Discovery Education
Grease Fire
A Valentine for Niles – (6 min.) YouTube.com
Mrs. Doubtfire-Heimlich Maneuver – YouTube.com
3) PowerPoint – 5 Second Rule
4) Worksheets: Temperature Control – Due at the end of class

Plans for September 22/23, 2016

Warm-up: A Not So Safe Supper / The Heimlich Maneuver

- Procedures:** 1) Handout: Serving Up Food Safety
2) Video: Oil Fires & Kitchen Safety :59 – Discovery Education
Choking and the Heimlich Maneuver: 2:14 – Discovery Education
The Science of Food Poisoning – The Doctors TV
3) Worksheet: Chapter 6 Study Sheet – Due at the end of class
4) Food Safety BINGO
5) **Chapter 6 Test – Next Class**

Plans for September 26/27, 2016

Warm-Up: Food Safety Quiz / Lab Management Pretest

- Procedures:** 1) Review for Chapter 6 Test
2) **Chapter 6 Test**
3) Lecture: PowerPoint - Kitchen Cleanliness Guidelines
4) PowerPoint - Personal Cleanliness Guidelines
5) Plan Cookie Sheet Comparison Lab
6) Review all rules of the kitchen - General Cooking Lab Rules

Plans for September 28/29, 2016

Warm-up: Classroom & Lab Management Pretest

- Procedures:** 1) Lab: Cookie Sheet Comparison Cooking Lab
2) Worksheet: Cookie Lab Comparison

Plans for September 30/October 3, 2016

Warm-up: Reading a Recipe / Measuring Techniques

- Procedures:** 1) Lecture: Begin & complete Chapter 12 - Recipes & Work plans –**TEKS (c) (5) (a-c)**
2) PowerPoint - Recipe Skills-How to Read a Recipe
Cooking Terms

Plans for October 4/5, 2016

Warm-Up: Getting Ready to Cook

- Procedures:** 1) Handout: Measuring Basics
2) PowerPoint - Types of Recipe Formats
Changing Recipe Yields
3) Worksheet: Food Prep Crossword (using terms from the text)
4) Food Prep Terms – BINGO

Plans for October 6/7, 2016 – 6th-Homecoming Carnival / 7th-Zone

Warm-Up: Measuring Test / Measuring Techniques

- Procedures:** 1) Worksheet: Chapter 12 Study Sheet
2) Video: Ratatouille w/questions
3) Go over Mystery Lab Info
Chapter 12 Test – Oct. 11/12

Plans for October 11/12, 2016

Warm-Up: Matching Food Prep Terms

- Procedures:** 1) Chapter 12 Test -
2) Video: Continue Ratatouille w/questions

Plans for October 13/14, 2016 – 14th-Off Campus Lunch-Attendance

- Procedures:** 1) Mystery Lab - Reading a Recipe
2) Video: Complete Ratatouille w/questions

This is the end of the first 9-weeks!! All assignments are due.