



Central York School District

Foods 1

Course Overview

Grade Level: 9-10

Course Description:

This course will provide students with the fundamental skills for preparing various food items in a kitchen setting. Students will focus on basic kitchen safety and sanitation, knife skills, cooking terms, and equipment. Students will create various food and baked items through the course with a focus on teamwork, time management, and meal planning strategies.

Course Big Ideas:

- Successful food preparation requires knowledge of ingredients, equipment, cooking techniques, and proper procedures.
- Safe and sanitary kitchen practices are essential for preventing foodborne illness and creating a productive kitchen environment.
- Time management, organization, and planning contribute to efficiency and success in the kitchen.
- Cooking is both a science and an art, requiring precision, creativity, and problem-solving skills.
- Knife skills and proper equipment use improve safety, efficiency, and food quality.
- Teamwork and communication are essential skills in both home and professional kitchens.
- Meal planning helps individuals make informed decisions that support nutrition, budget, and lifestyle goals.
- Reflection and evaluation of food products lead to continuous improvement in culinary skills.
- Following recipes accurately provides consistency and successful outcomes.

Course Essential Questions:

- What skills and knowledge are needed to turn ingredients into a successful finished product?
- What responsibilities do food handlers have in maintaining a safe kitchen?
- How does planning impact success in the kitchen?
- Why is time management and communication important during food preparation?

Course Competencies:

- Demonstrate proper measuring techniques for dry and liquid ingredients.
- Interpret and follow recipes accurately.
- Demonstrate proper use and care of kitchen tools and equipment.
- Organize ingredients, equipment, and procedures before food preparation.
- Demonstrate safe food handling practices.
- Collaborate effectively with peers during laboratory activities.
- Manage time effectively to complete food preparation activities.
- Evaluate food products, and reflect on strengths and areas for improvement.

Course Assessments:

- Cooking Labs
- Formative Assessments
- Summative Assessments



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Unit 1: Basic Cooking Skills

Time: 4-5 weeks

Standards:

PA Academic Standards for Family and Consumer Science

- 11.1.6-8.E Apply measurement and math skills in following recipe directions.
- 11.1.6-8.F Prepare a recipe using fundamental culinary skills and techniques.

Know:

- Kitchen tools and equipment.
- Measurement units (ex. cups, teaspoons, tablespoons, ounces, pounds).
- Recipe terminology.
- How to read a recipe.
- Common cooking vocabulary.

Understanding/Key Learning:

- Accurate measurement is essential for producing successful and consistent food products.
- Mathematical skills, such as using fractions, conversions, and calculations, are important tools in the kitchen.
- Following recipe directions carefully helps ensure food quality, safety, and desired outcomes.
- Fundamental culinary techniques allow cooks to prepare food efficiently and correctly.
- Proper use of kitchen tools and equipment contributes to a productive cooking environment.
- Successful food preparation requires planning, organization, attention to detail, and problem-solving skills.

Do:

- Measure ingredients accurately.
- Convert measurements using kitchen math.
- Follow recipe directions.
- Interpret culinary terminology.
- Select appropriate kitchen tools.
- Use basic culinary techniques.

Unit Essential Questions:

- How can you use measurements, math, and culinary techniques to successfully prepare food?
- What skills and knowledge are needed to turn ingredients into a successful finished product?

Lesson Essential Questions:

- Why is accuracy important when measuring ingredients in a recipe?
- What can happen when measurements or recipe directions are not followed correctly?
- How do cooks use fractions, conversions, and calculations in everyday food preparation?
- What makes a recipe easy to follow and successful to prepare?
- How do fundamental culinary techniques affect the quality of a finished food product?
- Why is it important to select the correct tools and equipment for a cooking task?
- How do organization and preparation contribute to success in the kitchen?

Materials/Resources:

- Youtube
- Schoology
- Ipads
- Culinary lab
- Ingredients

Vocabulary:

Yield	Bake	Boil	Broil
Fry	Melt	Roast	Saute
Simmer	Steam	Chop	Cube
Dice	Grate	Julienne	Mince
Peel	Beat	Blend	Cream
Cut In	Fold In	Level off	Mix
Sift	Toss	Whip	Baste
Bread	Chill	Cool	Garnish
Grease	Knead	Marinate	Preheat
Season			

Assessments:

- Basic skills test
- Mystery cooking lab (focus on the importance of measuring and following directions)



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Foods I

Grade Level: 9-10

Unit 2: Safety and Sanitation

Time: 2-3 weeks

Standards:

PA Academic Standards for Family and Consumer Science

- 11.1.6-8.A Evaluate factors that affect food safety from production through consumption.
- 11.1.6-8.B Demonstrate food safety and sanitation procedures

Know:

- Safe food handling practices.
- Types of knife cuts, handling, and care.
- Food storage procedures.
- Proper thawing methods.
- Temperature danger zone range.
- Proper handwashing procedures and hygiene.

Understanding/Key Learning:

- Food safety is everyone's responsibility, from food production to food consumption.
- Unsafe food handling practices can lead to foodborne illness and serious health consequences.
- Proper sanitation, hygiene, and temperature control are essential for preventing contamination.
- Following food safety guidelines helps protect individuals, families, and communities.
- Safe food preparation requires knowledge, attention to detail, and consistent use of proper procedures.
- Consumers and food handlers play a critical role in maintaining the safety of the food supply.

Do:

- Identify food safety hazards.
- Evaluate factors that affect food safety.
- Explain the causes of foodborne illness.
- Demonstrate proper handwashing techniques.
- Practice personal hygiene procedures.
- Prevent cross-contamination.
- Clean and sanitize work surfaces.
- Store food safely.
- Hold and use a knife properly.
- Compare safe and unsafe food handling practices.
- Apply food safety procedures during food preparation.
- Demonstrate safe food handling from preparation through consumption.

Unit Essential Questions:

- How can safe food handling practices protect people from foodborne illness?
- How can understanding food safety help us make informed decisions about the food we prepare and consume?

Lesson Essential Questions:

- Why is food safety important from production through consumption?
- What factors can make food unsafe to eat?
- How do foodborne illnesses affect individuals and communities?
- How can proper sanitation prevent the spread of foodborne illness?
- What role does personal hygiene play in food safety?
- How can cross-contamination be prevented in the kitchen?
- How do we safely use a knife during food preparation?
- What conditions allow bacteria to grow?

Materials/Resources:

- Youtube
- Schoology
- lab prep website
- Ipads
- Culinary lab
- Ingredients

Vocabulary:

Temperature Danger Zone	Foodborne Illness	Food Sanitation	Sanitation
Hygiene	Cross Contamination	Bear Claw	Pathogen
Bacteria	Internal Temperature	Biological Contaminant	Chemical Contaminant
Incubation Period	FATTOM	Ready to Eat Foods	

Assessments:

- Safety and Sanitation test
- Cooking labs (looking for proper sanitation, food safety, and knife handling skills)



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Unit 3: Quick Breads

Time: 4 weeks

Standards:

PA Academic Standards for Family and Consumer Science

- 11.1.6-8.G Demonstrate food science through principles of food biology and chemistry.
- 11.1.6-8.F Prepare a recipe using fundamental culinary skills and techniques.

Know:

- Different types of quick breads.
- Purposes and types of various leavening agents.
- Differences and similarities between baking soda and baking powder.
- Function of baking ingredients (flour, sugar, salt, fat, etc.).
- Classifications of mixing methods.

Understanding/Key Learning:

- Baking is a science that relies on precise measurements and chemical reactions.
- Each ingredient in a quick bread recipe has a specific role that affects texture, flavor, and structure.
- Leavening agents create gas that causes baked goods to rise.
- Small changes in ingredients or technique can significantly affect the final product.
- Following procedures carefully is essential for successful baking outcomes.
- Heat transforms raw ingredients into structured baked goods through chemical and physical changes.
- Observation and adjustment are important skills in both cooking and food science.

Do:

- Prepare quick bread recipes.
- Measure ingredients accurately.
- Identify and use leavening agents.
- Mix ingredients using appropriate methods.
- Observe chemical reactions in baking.
- Compare different batter consistencies.
- Evaluate the texture and structure of baked goods.
- Identify signs of doneness.
- Explain the role of ingredients in recipes.
- Analyze how ingredients affect the final product.
- Troubleshoot baking problems.

Unit Essential Questions:

- How does science influence the way we prepare and bake quick breads?
- What happens to ingredients during the baking process to create a finished product?

Lesson Essential Questions:

- What roles do different ingredients play in baking?

- How do chemical reactions affect baked goods?
- Why is precise measurement important in baking?
- How do leavening agents make baked goods rise?
- How do mixing methods affect the final texture of baked goods?
- Why can small changes in a recipe lead to different results?
- How can we tell when a baked good is properly finished?
- How does understanding food science improve baking success?

Materials/Resources:

- Youtube
- Powerpoints
- Schoology
- Lab prep website
- iPads
- Culinary labs
- Ingredients

Vocabulary:

Caramelization	Muffin Mixing Method	Creaming Method	Biscuit Method
Leavening Agent	Gluten	Pour Batter	Drop Batter
Stiff Dough	Soft Dough	Carryover Baking	Emulsifier
Texture	Structure	Doneness	

Assessments:

- Baking test
- Cooking labs (looking for proper use of the muffin, biscuit, and creaming mixing methods)



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Unit 4: Food Influences

Time: 2-3 weeks

Standards:

PA Academic Standards for Family and Consumer Science

- 11.1.9-12.H Evaluate nutrition principles, food plans, preparation techniques, and specialized dietary plans.
- 11.1.3-5.C Establish factors that affect food choices.

Know:

- Personal preferences when it comes to food.
- Health conditions (e.g., diabetes, food allergies, celiac disease) and their impact on food choices.
- Food allergies versus food intolerances.
- How food marketing and advertising impact food choices.
- Components found on a nutrition label.
- Healthy substitutions that can be used.
- Why people use convenience foods.

Understanding/Key Learning:

- Food choices are shaped by many interconnected factors, not just hunger or preference.
- Physical health needs, including allergies and medical conditions, directly influence what people can safely eat.
- Emotions, stress, and mood can significantly impact eating behaviors and food decisions.
- Social and cultural environments play a major role in shaping food traditions and preferences.
- Time, money, energy, and access to food resources affect the types of meals people prepare and eat.
- Being aware of food influences helps individuals make more thoughtful and healthier food choices.

Do:

- Identify factors that influence food choices.
- Compare different food influences.
- Explain how emotions affect eating behaviors.
- Describe cultural and social food practices.
- Evaluate how health conditions impact food choices.
- Assess the role of resources (time, money, energy, etc) in food decisions.
- Evaluate the impact of advertising on food choices.
- Recommend healthier food alternatives.
- Reflect on personal food decision-making.
- Classify cultural, social, emotional, and physical influences when it comes to food influences.

Unit Essential Questions:

- Why do we eat the foods we eat?
- How do different influences shape our food choices?

Lesson Essential Questions:

- What factors influence the food choices we make every day?
- How do physical health needs affect what people eat?
- What is the difference between hunger, appetite, and emotional eating?
- In what ways do emotions influence eating behaviors?
- How do social environments shape our food choices?
- How do advertising and media influence food preferences?
- How does culture influence the foods we eat?
- How do time, money, and energy affect food decisions?
- How can we make healthier food choices when faced with limitations or restrictions?

Materials/Resources:

- Youtube
- Powerpoints
- Schoology
- lab prep website
- Ipads
- Culinary labs
- Ingredients

Vocabulary:

Hunger	Appetite	Fusion Cuisine	Comfort Foods
Celiac Disease	Diabetes	Lactose Intolerance	Allergy
Intolerance	Food Supply	Convenience Food	Food Associations
Physical Influence	Emotional Influence	Social Influence	Cultural Influence
Resources	Food Additives	Fad Diet	

Assessments:

- Food Influences test
- Cooking labs (focusing on each of the food influences)



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Unit 5: Meal Management

Time: 2-3 weeks

Standards:

PA Academic Standards for Family and Consumer Science

- 11.1.6-8.C Analyze factors that influence nutrition and wellness practices across the lifespan.
- 11.1.9-12.F Apply the fundamentals of time, temperature, and cooking techniques to preparing, cooking, cooling, reheating, and holding a variety of foods.

Know:

- Components of a menu.
- Kitchen tools and equipment.
- Measurement units (ex. cups, teaspoons, tablespoons, ounces, pounds).
- Recipe terminology.
- How to read a recipe.
- Common cooking vocabulary.
- Safe food handling practices.
- Food storage procedures.
- Temperature danger zone range.

Understanding/Key Learning:

- Nutritional needs change throughout the lifespan and influence food choices and meal planning.
- Effective meal management requires planning, organization, and informed decision-making.
- Food safety practices are essential to preventing foodborne illness.
- Proper time, temperature, and cooking techniques affect both food quality and food safety.
- Balanced meals contribute to overall health and wellness.
- Successful meal preparation combines nutrition knowledge with culinary skills.
- Safe food handling practices must be followed from preparation through serving and storage.

Do:

- Prepare foods using proper methods.
- Manage time during meal preparation.
- Evaluate meal outcomes.
- Justify food and menu choices.
- Select appropriate foods for specific populations.
- Calculate serving sizes.
- Demonstrate safe food handling procedures.
- Measure ingredients accurately.
- Apply cooking techniques.
- Create a recipe.

Unit Essential Questions:

- How can meal planning support health, wellness, and budget goals?
- How do time, temperature, and cooking methods affect food quality and safety?
- What makes a meal both nutritious and appealing?

Lesson Essential Questions:

- How does a budget affect meal planning?
- What components make a meal balanced?
- How can meal planning save time and money?
- How can meals be adapted to meet individual needs?
- How does organization contribute to successful meal preparation?
- What skills are necessary to prepare meals safely and efficiently?
- How can meal outcomes be evaluated and improved?

Materials/Resources:

- Youtube
- Powerpoints
- Schoology
- lab prep website
- Ipads
- Culinary labs
- Ingredients

Vocabulary:

Mise En Place

Time Management

Dovetailing

Meal Planning

Staple Foods

Scratch Cooking

Cost Analysis

Scaling a Recipe

Plating

Garnishing

Quality Control

Assessments:

- Culminating culinary lab