



Miss Andrea Taraba

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Welcome to Food Preparation and Production

Course Objective

This is an *introductory* course designed to familiarize students with basic nutrition facts and basic food preparation skills. Students will identify cooking terms and small equipment. They will demonstrate correct cooking methods for measuring all ingredients and will evaluate all prepared foods.

Content

- 1.) Kitchen and food safety & sanitation, measuring and cooking methods
- 2.) Introduction: equipment, use and care of appliances, recipe terminology, recipe math, shopping for food and label reading.
- 3.) Introduction to Foods- making healthful food choices
- 4.) Nutrition- Understanding important nutrients and the new Food Guide Pyramid: recommended daily servings, serving size, and key nutrients in each group
- 5.) Study and lab preparation of: fruit, vegetables, grains, milk, legumes, meat, poultry, salads, one dish meals and healthful snacks.

Supplies (to be brought EVERYDAY)

- ❖ 2 pocket Folder
- ❖ Pen/Pencil
- ❖ Notebook



Missed Work

- ❖ Handouts and assignments are **YOUR** responsibility!!!! You have one day to make up work for each day absent.
- ❖ Missed labs are to be made up at home. Students are required to submit 4 pictures of **THEM** cooking. Pictures can be e-mailed, printed out or saved to a camera phone.
- ❖ Late work will receive a **5 point deduction** per day (excluding an excused absence).

- ❖ Extra credit may be given at teacher's discretion.

Student Assessment

- ❖ Test & quizzes
- ❖ Class Work & Participation
- ❖ Lab participation & clean up
- ❖ Projects
- ❖ Homework
- ❖ Sensory Evaluation Forms

- 1.) Grade = $\frac{\text{Points accumulated by student}}{\text{Total number of points possible}}$
- 2.) The final grade is the average of the 4 marking period grades.
- 3.) Successful completion of this course is required for advancement in the foods program.
- 4.) Grade Scale:

A = 93-100
B = 85 -92
C = 77- 84
D = 70-76
F = Below 70

Required Text

- ◆ Discovering Foods, Helen Kowtaluk
- ◆ Food for Today, Alice Kopan

Expectations

- ◆ I expect promptness, maturity, acceptance of individual responsibility, effort, cooperation, and teamwork.
- ◆ The class rules are based on the principles of respect, responsibility, and safety.
- ◆ I will be available after school to go over missed assignments, labs, or discussion of grades.

