

## **FAMILY CONSUMER SCIENCE**

**Grade Level:** Sixth, seventh and eighth grade classes  
**Length:** 9 - week quarter class

### **ESSENTIAL UNDERSTANDING:**

Students will learn the basics of planning and preparing foods for a nutritional healthy life style using the six food groups as a guide. Students will also learn correct measuring techniques, cooking methods, cooking terminology, food safety, reading and following a recipe and correct handling of foods and kitchen equipment. Students will also learn basic table setting methods and table etiquette.

### **COURSE OBJECTIVES AND EXPECTATIONS:**

1. Apply knowledge of food groups to create an awareness of food choices to create a healthy lifestyle.
2. To understand how to read and follow recipes.
3. To create an awareness of safe food handling and preparation.
4. To understand and appreciate correct social skills that are expected in social settings for table etiquette.
5. To work productively in small groups to achieve success for a final food dish.

### **STUDENT OBJECTIVES:**

Students will:

1. Demonstrate ability to acquire, handle and use foods to meet nutrition and wellness needs of individuals and families across the life span.
2. Evaluate nutrition principles, food plans, preparation techniques for daily food plans.
3. Demonstrate food safety and sanitation procedures.
4. Demonstrate food preparation methods and techniques for all menu categories to produce a variety of food products that meet individual needs.
5. Demonstrate implementation of food service management.
6. Demonstrate knowledge of safe use and practices of kitchen appliances and utensils.
7. Use basic math skills for working with fractions, multiplying and dividing of fractions.

## **STUDENT OBJECTIVES - continued**

8. Acquire good habits of properly handling kitchen utensils, equipment and cleaning of work area.

## **MONTANA CORE STANDARDS:**

The grades 6 - 8 literacy standards in history/social studies, science, and technical subjects are not meant to replace content standards in those areas, but rather to supplement them. The Standards set requirements not only for English language arts (ELA) but also for literacy in history/social studies, science, and technical subjects. The following core standards are addressed in this course:

**RST.6-8.3:** Follow precisely a multistep procedure when carrying out experiments, taking measurements, or performing technical tasks.

**RST.6-8.4:** Determine the meaning of symbols, key terms, and other domain -specific words and phrases as they are used in a specific scientific or technical context relevant to grades 6 –8 texts and topics.

**RST.6-8.9** Compare and contrast the information gained from experiments, simulations, video, or multimedia sources with that gained from reading a text on the same topic.

## **MONTANA STANDARDS FOR CAREER AND VOCATIONAL TECHNICAL EDUCATION**

Content Standards indicate what all students should know, understand and be able to do in a specific content area.

Benchmarks define our expectations for students' knowledge, skills and abilities along a developmental continuum in each content area. That continuum is focused at three points—at the end of grade 8, the end of one high school course, and the completion of six units of vocational coursework.

### **MCS CTE 2**

Students demonstrate an understanding and apply principles of Resource Management (i.e., financial, time, personal management)

2.2 Follow detailed instructions and complete assignment (e.g., project/time management)

2.3 Recognize time constraints (e.g., personal time)

2.4 Recognize limitations on physical resources.

### **MCS CTE 3**

Students acquire and utilize personal and leadership skills to become successful, productive citizens.

3.1 Serve as a positive role model by following the rules, regulations, and policies of the school community.

3.2 Identify personal and work ethics.

### **MCS CTE 3 - continued**

3.3 Recognize characteristics of good citizen.

3.5 Observe and recognize diversity.

### **MCS CTE 4**

In today's technology-driven society, students must be able to use tools, materials and processes to improve task completion and transfer technical skills within a variety of workplace settings.

#### **National Standards of FCS 1.0 Career, Community and Family Connections**

Comprehensive Standard Integrate multiple life roles and responsibilities in family, work, and community settings.

##### **1.2 Demonstrate transferable and employability skills in school, community and workplace settings.**

1.2.4 Demonstrate teamwork skills in school, community and workplace settings

1.2.6 Demonstrate leadership skills and abilities in school, workplace and community settings.

1.2.7 Analyze factors that contribute to maintaining safe and healthy school, work and community environments.

1.2.8 Demonstrate work ethics and professionalism.

#### **National Standards of FCS 2.0 Consumer and Family Resources**

Evaluate management practices related to the human, economic, and environmental resources.

##### **2.1 Demonstrate management of individual and family resources such as food, clothing, shelter, health care, recreation, transportation, time, and human capital.**

2.1.1 Apply management and planning skills and processes to organize tasks and responsibilities

2.1.3 Analyze decisions about providing safe and nutritious food for individuals and families.

#### **National Standards of FCS 5.0 Facilities Management and Maintenance Comprehensive Standard**

Integrate knowledge, skills, and practices required for careers in facilities management and maintenance.

##### **5.2 Demonstrate planning, organizing, and maintaining an efficient housekeeping operation for residential or commercial facilities.**

5.2.1 Apply housekeeping standards and procedures.

5.2.2 Operate cleaning equipment and tools.

5.2.4 Maintain building interior surfaces, wall coverings, fabrics, furnishings, and floor surfaces

##### **5.3 Demonstrate sanitation procedures for a clean and safe environment.**

5.3.1 Analyze the various types of cleaning methods and their environmental effects

#### **National Standards of FCS 8.0 Food Production and Services**

Integrate knowledge, skills, and practices required for careers in food production and services.

##### **8.2 Demonstrate food safety and sanitation procedures.**

8.2.1 Identify characteristics of major food borne pathogens, their role in causing

- illness, foods involved in outbreaks, and methods of prevention.
- 8.2.2 Employ food service management safety/sanitation program procedures, including CPR and first aid.
- 8.2.5 Practice good personal hygiene/health procedures, including dental health and weight management, and report symptoms of illness.
- 8.2.6 Demonstrate proper receiving, storage, and handling of both raw and prepared foods.
- 8.2.7 Demonstrate safe food handling and preparation techniques that prevent cross contamination from potentially hazardous foods, between raw and ready-to-eat foods, and between animal and fish sources and other food products.
- 8.3 Demonstrate industry standards in selecting, using, and maintaining food production and food service equipment.**
- 8.3.1 Operate tools and equipment following safety procedures
- 8.3.2 Maintain tools and equipment following safety procedures
- 8.3.3 Demonstrate procedures for cleaning and sanitizing equipment, serving dishes, glassware, and utensils
- 8.3.5 Demonstrate procedures for safe and secure storage of equipment and tools
- 8.3.6 Identify a variety of types of equipment for food processing, cooking, holding, storing, and serving, including hand tools and small ware
- 8.4 Demonstrate menu planning principles and techniques based on standardized recipes.**
- 8.4.2 Apply menu-planning principles to develop and modify menus.
- 8.4.3 Analyze food, equipment, and supplies needed for menus.
- 8.4.4 Develop a variety of menu layouts, themes, and design styles.
- 8.5 Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet personal needs.**
- 8.5.1 Demonstrate professional skills in safe handling of knives, tools, and equipment.
- 8.5.2 Demonstrate professional skill for a variety of cooking methods including roasting, broiling, smoking, grilling, sautéing, pan frying, deep frying, braising, stewing, poaching, steaming, and baking using proper equipment and current technologies
- 8.5.4 Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding of variety of foods.
- 8.5.5 Prepare various meats, seafood, and poultry using safe handling and professional preparation techniques.
- 8.5.6 Prepare various stocks, soups, and sauces using safe handling and professional preparation techniques.
- 8.5.7 Prepare various fruits, vegetables, starches, legumes, dairy products, fats, and oils using safe handling and professional preparation techniques.
- 8.5.8 Prepare various salads, dressings, marinades, and spices using safe handling and professional preparation techniques.
- 8.5 Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet personal needs.**
- 8.5.10 Prepare breads, baked goods and desserts using safe handling and professional preparation techniques.
- 8.5.11 Prepare breakfast meats, eggs, cereals, and batter products using safe handling and preparation techniques.

## **National Standards of FCS 9.0 Food Science, Dietetics, and Nutrition Comprehensive Standard**

Integrate knowledge, skills, practices required for careers in food science, food technology, dietetics, and nutrition.

- 9.2 Apply risk management procedures to food safety, food testing, and sanitation
- 9.2.1 Analyze factors that contribute to food borne illness.
- 9.2.2 Analyze food service management safety and sanitation programs.

### **PACING**

### **STANDARDS**

Each Quarter

Week 1- Nutrition

**RST.6-8.9**  
**MCS CTE 2**  
**NSFCS 1.0, 8.0**

Week 2 - Reading and following recipes,  
measuring techniques and kitchen safety

**RST.6-8.3**  
**RST.6-8.4**  
**RST.6-8.9**  
**MCS CTE 2**  
**MCS CTE 3**  
**SFCS 1.0, 8.0, 9.0**

Week Three: Table Setting, Kitchen Appliances  
Table etiquette

**RST.6-8.3, 6-8.4, 6-8.9**  
**RST.6-8.3, 6-8.4, 6-8.9**  
**NSFCS 1.0, 2.0, 5.0,8.0, 9.0**

Week Five: Cooking with proteins

**RST.6-8.3, 6-8.4, 6-8.9**  
**NSFCS 1.0, 2.0, 5.0,8.0, 9.0**

Week Six: Cooking with fruits and vegetables

**RST.6-8.3, 6-8.4, 6-8.9**  
**NSFCS 1.0, 2.0, 5.0,8.0, 9.0**

Week Seven - Cooking with grains

**RST.6-8.3, 6-8.4, 6-8.9**  
**NSFCS 1.0, 2.0, 5.0,8.0, 9.0**

Week Nine: Quick breads/yeast breads

### **RESOURCES:**

#### **Montana Common Core**

[http://opi.mt.gov/Curriculum/montCAS/MCCS/index.php#gpm1\\_2](http://opi.mt.gov/Curriculum/montCAS/MCCS/index.php#gpm1_2)

#### **Montana Standards for Career and Vocational Technical Education**

<http://opi.mt.gov/programs/CTAE/CTE.html>

#### **National Standards for Family and Consumer Sciences Education**

[http://www.opi.mt.gov/pdf/CTE/FCS/15FCS\\_NationalStandards.pdf](http://www.opi.mt.gov/pdf/CTE/FCS/15FCS_NationalStandards.pdf)