

**ACALANES UNION HIGH SCHOOL DISTRICT**  
**VOCATIONAL/CAREER EDUCATION**

**Adopted: 12/17/03**

**Subject Area**

COURSE TITLE: Foods 1

COURSE CODE: T0810E

GRADE LEVEL: Grades 9-12

COURSE LENGTH: One Year

PREREQUISITE: None

CREDIT: 10 units

UC/CSU CREDIT: None

GRADUATION REQUIREMENT: Fulfills 10 units of Foreign Language/Visual & Performing Arts/Technical Education credit required for graduation.

STANDARDS AND BENCHMARKS: Culinary Arts 1b, 1c, 2b, 2e, 3b, 3c, 3e, 4a, 4b, 4c, 5b, 5c, 6d, 7a, 7b, 7c, 8a, 8b, 8c, 8d, 8e, 8f, 8g, 8h, 8i, 8m, 9f, 10c, 11b

COURSE DESCRIPTION: Foods 1 is the first course in a comprehensive standards-based culinary arts sequence. The class will enable students to understand basic nutrition, food preparation techniques, care and use of equipment, consumer education, entertaining, kitchen safety and sanitation.

COURSE GOALS: The student will:

1. Understand the principles of sanitation and safe food handling
2. Understand the use of technology and tools of the trade in culinary production.
3. Develop the ability to use dietary guidelines.
4. Use proper food preparation techniques and skills to produce a finished product.

TEXTBOOK MATERIALS: Culinary Essentials, Johnson & Wales, Glencoe/McGraw Hill, 2002.  
Guide to Good Food, Largen/Bence, Goodhart Wilcox, 2002.

TEACHER RESOURCES: Food TV-Channel 35, [www.foodtv.com](http://www.foodtv.com); [www.foodnetwork.com](http://www.foodnetwork.com); FENI; Culinary Academy: HomeChef, Epicurious.com

**Acalanes Union High School District**  
**Course Content and Performance Objectives**  
**Foods 1**

	CAT-6	HSEE	Standards & Benchmarks	Standards Based Test (CST)	Assessment	Timeline
<b>Sanitation and Safe Food Handling</b> <b>1.0 Students will understand the principles of sanitation and safe food handling.</b>  1.1 Use safe, appropriate and sanitary procedures in all food handling, including food receiving, storage, production, surface and clean up. 1.2 Maintain standards in personal grooming and hygiene. 1.3 Describe types of food contamination, their potential causes and methods of prevention. 1.4 Describe types and causes of accidents in the kitchen. 1.5 Describe emergency procedures.	N/A	N/A	2.0, 3.0	N/A	Tests, Lab, Teacher Observation Tests	15% Integrated throughout the course
<b>Technology and Equipment</b> <b>2.0 Students will understand the use of technology and tools of the trade used in culinary production.</b>  2.1 Set up and maintain assigned work areas. 2.2 Apply the principal of <i>mise en place</i> in assembling ingredients, tools, and supplies. 2.3 Prepare, decorate and display food items using appropriate procedures, tools, and techniques. 2.4 Prepare a variety of food items including pastas, fruits and vegetables, dairy-based products, soups, salads, meat, poultry, seafood, sandwiches, beverages. 2.5 Analyze time- and energy-saving products and techniques used to prepare food items. 2.6 Use computer applications in food production.	N/A	N/A	4.0, 5.0, 8.0	N/A	Tests, Quizzes, Teacher Observation, Labs	25% Integrated throughout the course

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2.7 Describe proper use, care and storage of tools, utensils, appliances, and equipment.			4B			
2.8 Identify technology, tools, utensils, appliances and equipment according to their function in food preparation.			4A			
2.9 Describe the repair and maintenance of equipment.			5B			
<b>Dietary Guidelines</b>						
<b>3.0 Students will develop the ability to use the dietary guidelines.</b>	N/A	N/A	7.0	N.A	Tests, Quizzes, Teacher Observation Labs	15% Integrated throughout the course
3.1 Describe nutritional principles and concepts related to menu applications outlined in the American Dietetic Association guidelines.			7A			
3.2 Use food preparation techniques that conserve nutrients.			7B			
3.3 Interpret nutritional or ingredient information from food labels and nutritional information sheets.			7C			
<b>Food Preparation and Techniques</b>						
<b>4.0 Students will use proper food preparation techniques and skills to produce a finished product.</b>	N/A	N/A	6.0, 8.0	N/A	Teacher Grade sheets Quizzes, Exams	30% Integrated throughout the course
4.1 Identify a variety of foods and ingredients.			8A			
4.2 Measure and weigh ingredients according to a recipe's specifications.			8D			
4.3 Prepare, decorate, and display food items using appropriate procedures, tools and techniques.			8E			

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4.4 Determine themes, decorations, style of service and entertainment for events.			6D			
4.5 Make a worksheet and assemble supplies for preparation.			8M			
<b>Food Service &amp; Hospitality</b>	N/A	N/A	1.0, 5.0, 8.0, 10.0, 11.0	N/A	Tests, Labs, Teacher observation Quizzes	15% Integrated throughout the course
5.0 <b>Students will understand the principles of the Food Service Industry.</b>						
5.1 Explain various job titles and descriptions in the food service industry.			1B			
5.2 Explain the importance of teamwork in the success of kitchen organization.			1C			
5.3 Organize and maintain efficient workstations.			5C			
5.4 Explain advantages and disadvantages of foods made from scratch and of convenient products in terms of cost, preparation and quality.			8G			
5.5 Adjust standard recipes and use correct computation skills to serve more or fewer people.			8I			
5.6 Define major forms of advertising.			10C			
5.7 Calculate recipe costs and recipes per portion.			11B			

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**TEACHING STRATEGIES AND PROCEDURES**

Videos  
Lab Work (Hands-On)  
Field Trips;  
Projects;  
Reading and Book work;  
Demos with overheads;  
Lectures;  
Computer work

**GRADING GUIDELINES**

Lab work	40%
Class Participation	5-10%
Projects	10%
Quizzes/Tests	10-15%
Class work/Homework	20%
Portfolio	10%