Course Syllabus

**Food Preparation and Nutrition I**

Text: Foods for Today

***Course Description*:** This is a specialized course designed to prepare students to make important decisions regarding nutrition and wellness with assurance and competence.  Topics will include the impact of daily nutrition choices on long-term health and wellness; the physical, social, and physiological aspects of healthy nutrition and wellness choices; selection and preparation of nutritious meals and snacks based on USDA Dietary Guidelines including the Food Guide Pyramid; safety and sanitation processes and issues associated with nutrition and wellness; and career exploration in the nutrition and food industries. Laboratory experiences will be a major component of the course. Grade levels 10-12

 **Outside Readings**

Safety & Sanitation 2 Weeks Ch. 19-20 Kitchen Accidents

Kitchen Basics & Equip. 2 Weeks Ch. 21, 23

Nutrition Basics 4 Weeks Low-Fat Recipes Chapters 5-9 Nutrients (pg. 72 #15)

Adjusting Recipes 1 Week Doubling Recipes Chapter 23

Food Storage 1 Week Canning Jelly Chapter 19 Fast Food & Health

 (pg. 128-129)

Food Preparation 5 Weeks Chapters 43-44 Bread Ingredients

 Quick & Yeast Breads, Cakes, Cookies, Candy, & Cupcakes Famous Cakes pg.693

Prepare Luncheon for staff 2 weeks

**Food Preparation and Nutrition II**

**Text: Foods for Today**

Course Description:This is a sequential course that builds on the concepts taught in Food Preparation and Nutrition I.  Topics will include more complex concepts in foods and nutrition including a study of international and cultural foods; meal planning and preparation for specific economic, psychological, and nutritional needs; advanced impacts of science and technology on nutrition, food, and related equipment; specific food preparations including baking and catering; and exploring community and world food concerns as well as the “green” impact of the food industry.  Laboratory experiences with advanced application will be a major component of the course. Grade levels 10-12

 **Outside Readings**

Nutrition Guidelines 2 Weeks Chapter 10 Comparing Nutrition

Keeping a Healthy Weight 1 Week Chapter 11 (pg. 147 #17)

Vegetarian Food Choices 2 Weeks Chapter 15 Vegetarian Meal Plan

Meal Planning 1 Week Chapter 16 Cost Comparison

Soups, Stews & Sauces 1 Week Chapter 41

Pies and Tarts 1 Week Chapter 45

Global Foods: US & Canada 2 Weeks Chapter 46 Foods Festival Menu

South America & Caribbean 1 Week Chapters 47 ( pg.720 # 14)

European Food 2 Weeks Chapter 48 Research a European

Eastern Europe & Russia 1 Week Chapter 49 Country & Foods (pg.

SW Asia, Middle East & Africa 1 Week Chapter 51 752 #15)

Creative Additions/Garnishes 1 Week Chapter 27

Serving Food 1 Week Chapter 18

Tasting Luncheon 1 Week Chapter 17

**State and National Standards for the above courses can be found at:**

**https://icat.okcareertech.org/cgi-bin/WebObjects/OKCT.woa/wa/room?id=N1BIs&bid=28678**