

Nutrition & Food Science

1st Six Weeks Syllabus

1st week

Student Expectations:

Students will investigate the three kitchen work areas

Students will design a kitchen using the major designs and determine the work Triangle. They will discuss the advantages and disadvantages of each.

Using different tableware they will set a table for a specific occasion

2nd week

Student Expectations:

Students will investigate different types of warranties and the value of each

Determine the features of major appliances

Learn points to consider when choosing appliances

3rd week

Student Expectations:

Learn to identify various kitchen tools, their function, selection, care and use of each

Students will learn to identify quality kitchen tools

Students will investigate fields of work where this knowledge may be applicable

4th week

Student Expectations:

Students will be engaged in the process of cleaning and arranging the kitchen where they will be assigned during the school year

5th week

Student Expectations:

Same as week 4

6th week

Student Expectations:

Review and Testing

Test Correction

PECOS HIGH SCHOOL
Food Science & Nutrition
2nd Six Weeks Syllabus

1st week

Student Expectations:

Planning nutritious menus using meal patterns based on the food guide pyramid
Prepare a family food budget

2nd week

Student Expectations:

Plan menus with an appealing variety of flavors, colors, textures, shapes, sizes, and temperatures
Describe resources a meal manager can use as alternatives to time and temperature

3rd week

Student Expectations:

List a variety of cereal products
Describe how heat and liquids affect starch
Prepare cooked breakfast cereals, rice, and pasta

4th week

Student Expectations:

List a variety of rice & pasta products
Describe how liquids and heat affect starch granules in rice and pasta
Prepare a cooked product with rice/pasta

5th week

Student Expectations:

Explain how to properly select & store vegetables
Describe food science principles of cooking vegetables

6th week

Student Expectations:

Review all material covered the 2nd six weeks
Six Weeks Test

Food Science & Nutrition

3rd Six Weeks Syllabus

1st week

Student Expectations:

- Identify methods of cooking vegetables
- Prepare vegetables, preserving their color, texture, flavors, and nutrients

2nd week

Student Expectations:

- Describe how to properly select and store fruits
- Identify the principles and methods of cooking fruit

3rd week

Student Expectations:

- List factors affecting the selection of dairy products
- Describe guidelines for preventing adverse reactions when cooking dairy products
- Prepare a variety of dishes using fresh milk

4th week

Student Expectations:

- List the steps involved in cheese making
- Understand the importance of proper sanitation in the cheese making process
- Perform the cheese making process

5th week

Student Expectations:

- Cooking with Cheese
- Tasting Cheese

6th week

Student Expectations:

- Review all information covered week 1 through week 5 of 3rd six weeks
- Six Weeks Test

7th week

Student Expectations:

- Review all material covered the 1st, 2nd, and 3rd six weeks
- Semester Test

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Food Science and Technology
4th Six Weeks Syllabus

Week 1

Student Expectations:

Explain the physical, mental, and social aspects of wellness
List Factors that contribute to disease

Week 2

Student Expectations:

Predict how life style choices you make will affect your health
Describe the relationship between nutrition and health

Week 3

Student Expectations:

Explain how culture influences peoples food choices
Describe how family and friends influence food choices
Analyze the effects of emotions on the way people eat
Relate how agricultural resources, technology, economic factors, and politics affects the availability of food

Week 4

Student Expectations:

Identify the six basic nutrient groups
Distinguish the functions of the major parts of the digestive system

Week 5

Student Expectations:

Describe the process of absorption and metabolism
Explain factors affecting absorption and digestion
Name common digestive disorders

Week 6

Student Expectations:

Review all material covered week 1-5 and prepare for six weeks test
Six Weeks Test

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5th Six Weeks Syllabus

Week 1

Student Expectations:

Discuss how the RDAs and the DRIs are used
Identify the recommended number of daily servings and serving size for each food group in the FGP
Summarize the advise offered in the Dietary Guidelines for Americans

Week 2

Student Expectations:

Use percent Daily Values on food labels to evaluate a food's contribution to daily nutrient needs
Describe how to evaluate a food's nutrient density

Week 3

Collect and analyze data from your current eating habits and use the FGP to plan more nutritious meals

Week 4

Student Expectations:

Describe the three types of carbohydrates
List the functions of carbohydrates
Explain how the body uses carbohydrates

Week 5

Student Expectations:

Using food labels to meet your carbohydrate needs
Evaluate the role of carbohydrates in a variety of health issues

Week 6

Student Expectations:

Review All Material covered week 1-5 and prepare for six weeks test
Six Weeks Test

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6th Six Weeks Syllabus

<p>Week 1 Student Expectations: Describe the characteristic difference between saturated and unsaturated fatty acids List five functions of lipids in the body Summarize how the body digests, absorbs, and transports lipids Explain the role fat plays in heart health Identify 10 heart-health risk factors Make food choices that follow recommended limits for dietary fats and cholesterol</p>
<p>Week 2 Student Expectations: Explain the difference between essential and nonessential amino acids Discuss the function of protein in the human body Identify animal and plant food sources of protein Calculate your daily protein needs Describe problems associated with protein deficiencies and excesses</p>
<p>Week 3 Student Expectations: State the 4 major role of vitamins in the diet Classify vitamins as fat soluble or water soluble Identify functions and sources of specific vitamins Describe symptoms of various vitamin deficiencies and excesses Discuss consideration of using vitamin supplements Demonstrate how to select, cook, and store foods to preserve vitamin content</p>
<p>Week 4 Student Expectations: List the major role of minerals in the diet Identify function and sources of specific microminerals and macrominerals Describe symptoms of various mineral deficiencies and excesses Write guidelines for maximizing mineral absorption and availability in the body</p>
<p>Week 5 Student Expectations: Identify four main function of water in the body List sources of the body's water supply Describe effects of water loss on the body Determine if you water intake is adequate</p>
<p>Week 6 Student Expectations: Review all material and prepare for semester test Semester test</p>