|  |  |  |
| --- | --- | --- |
| ***Teacher:*** Mrs. Karen Price | ***CTE Course Name:***Lifetime Nutrition | ***Room No.:*** C-126 |
| ***Unit Title****:*  | ***Lesson Title:*** *Food Safety and Sanitation Meal Preparation Techniques* |
| ***Lesson Date****:* FEB 9-13 16-20 2015 | ***Meeting Time/Period:*** 2nd, 4th and 6th | ***Grade Levels:*** 9 - 12 |
|  ***DIRECT TEACH******TEKS 130.245 4a,b,c 5a,b,c,d,e,g**** TSW: Demonstrate safe and sanitary practices in the use, care and storage of equipment and food.
* Explain types and prevention of food-borne illnesses.
* Practice appropriate dress and personal hygiene in food preparation.
* Read and comprehend standard recipes.
* Identify and use standard measuring techniques and the equipment to be used.
* Create a light meal.
* Demonstrate food preparation.
* Apply food storage principles.
 |
|  ***DO NOW**** What are legumes? Name 5
* Name 10 foods without sugar.
 |
| * Identify the five food groups and the correct serving sizes.
* Create a light breakfast or lunch meal.
 |
|  |
|  |
|  ***Independent Practice:**** Prepare a light breakfast and lunch meal plan. Identify the ingredients needed. Measure dry and liquid ingredients with the proper utensils
* Discuss safety in the lab. Floors, cabinets, utensils and the stove area.
* Identify at least 2 safety procedures in the lab.
* Demonstrate proper cleaning and sanitation in the lab
 |
|  ***RETEACH***Measuring liquid and dry ingredients. What is a level cup? Why do we store sugar on the self?***HOMEWORK**** Am I eating a balanced meal daily??
* What food groups provide vitamin A?
 |
|  |