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| ***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. | | | |
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| ***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? | | | |
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