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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****:* MARCH2-6 9-13 2015 | ***Meeting Time/Period:*** 2nd, 4th and 6th | ***Grade Levels:*** 10-12 |
|  ***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 the 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.
* Identify cooking, baking, preparation and cutting terms.
* Demonstrate proper usage of kitchen equipment.
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|  ***DO NOW**** Why is vitamin E included in many products? TUESDAY
* Name 5 combination foods. THURSDAY
* Name 5 types of cooking techniques. MONDAY
* What are tongs, pastry brush, funnel and a cutting board used for? WENESDAY
* Using the pictures, how many grams of sodium, carbohydrates and name 1 mineral contained. FRIDAY

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|  ***INDEPENDENT PRACTICE**** Plan a meal for lunch identify all the ingredients needed, amounts of each, equipment to be used and the steps to complete the meal. Chicken/shrimp/ground chuck TUESDAY and THURSDAY
* Complete the Safety and Food Contamination worksheet. MONDAY
* Complete the Meal preparation guides for cooking. Plan a menu for Breakfast, Lunch and Dinner using at least 5 of these cooking techniques. Score/baste/sautee/fry/stir/coat/pre-heat/rest/fold, slice,bake,boil and simmer. WENESDAY and FRIDAY
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|  ***RETEACH*** Measuring liquid and dry ingredients. What equipment is needed for pizza?  How do I cut the extra fat on various foods? Which seasonings are best for low sodium diets? Spatula/Turner what’s the difference? Rubber scraper/ wooden spoon? ***HOMEWORK**** Am I eating a balanced meal daily?
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* Is Top Ramen noodles healthy? Yes or No Why?
* What food groups provide vitamin A?
* Carrots, Peas, Broccoli, Squash and Asparagus are vegetables most people dislike, Why?
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