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