



# School District of Horicon

## Course Outline

### Learning Targets

#### Wellness & Healthy Living

##### UNIT 1: Safety & sanitation

- Students will be able to identify the causes & symptoms of common food borne illnesses.
- Students will be able to analyze the effects of common food borne illnesses on the body.
- Students will be able to identify common kitchen tools.
- Students will be able to explain the importance of communication while working in the kitchen.
- Students will be able to demonstrate kitchen safety and etiquette.

##### UNIT 2: Kitchen Fundamentals

- Students will be able to demonstrate safe knife handling.
- Students will be able to identify and demonstrate eight different knife cuts.
- Students will be able to define common cooking & kitchen terms (i.e. Simmer, chop, saute, etc).
- Students will be able to explain the function of common kitchen ingredients (i.e. baking powder, baking soda, flour, etc).
- Students will be able to demonstrate kitchen conversions.
- Students will demonstrate proper measuring techniques.
- Students will be able to explain the pros and cons of cooking in a microwave.
- Students will be able to analyze the pros and cons of convenience vs. scratch foods.
- Students will be able to demonstrate kitchen safety & etiquette.

##### UNIT 3: Nutrient Needs

- Students will be able to identify the six essential nutrients needed by the body
- Students will be able to explain the main function of the six essential nutrients.
- Students will be able to analyze and compare food labels.
- Students will be able to convert the amount of sugar on food labels to teaspoons.
- Students will be able to explain the effects of sugar on the body.
- Students will analyze the ingredients and nutrients in their favorite fast food meals.
- Students will be able to identify the components of MyPlate.
- Students will be able to create a balanced meal that includes at least 4 of the 5 food groups.
- Students will be able to demonstrate kitchen safety & etiquette.
- Students will be able to identify a fad diet.
- Students will be able to analyze the health effects of fad diets on the body and mind.
- Students will be able to explain the importance of eating breakfast.
- Students will demonstrate making quick bread.
- Students will demonstrate how to reduce the saturated fat in a recipe.

#### **UNIT 4: Fruit, Vegetables, & Grains**

- Students will be able to describe qualities of fruits and vegetables and how they contribute to overall health
- Students will be able to identify various cooking methods for fruits and vegetables based on time, equipment needs, and nutritional value.
- Students will demonstrate preparing vegetables by different cooking methods.
- Students will demonstrate preparing fruits by different cooking methods
- Students will be able to analyze the difference in enzymatic browning when using different prevention methods.
- Students will demonstrate how to cook different style grains.
- Students will be able to explain different reasons a person may choose to be vegetarian

#### **UNIT 5: Protein & Dairy**

- Students will be able to explain how the nutrients in different protein sources contribute to good health.
- Students will be able to identify the different cuts of meat from different animals.
- Students will be able to describe a variety of ways to include meat, poultry and fish choices in your eating plan.
- Students will be able to demonstrate proper lab safety & sanitation when handling poultry.
- Students will be able to identify the nutrients in different dairy products as well as dairy alternatives.
- Students will be able to identify the nutrients in eggs.
- Students will demonstrate cooking eggs in 4 different ways.

#### **UNIT 6: Lifelong Nutrition**

- Students will be able to identify why certain age groups need more/less amounts of certain nutrients, calories, and food times.
- Students will be able to list the different types of stores available for buying groceries.
- Students will be able to determine when and what to purchase when grocery shopping.
- Students will analyze the pros and/or cons of eating organically.
- Students will demonstrate using coupons and/or sale prices to plan and prepare a recipe on a budget.
- Students will be able to describe how advertising affects food choices
- Students will be able to describe the differences between informative and persuasive advertisements.

*Students will be able to meet the learning targets above as evidenced by formative and summative classroom assessments.*