

Time Frame: Semester	Unit Title: Foods I	Course Name: Family & Consumer Sci
Stage 1: Desired Results		
Established Goal(s)	Transferable Skills	
<p>Students will understand the basic cooking skills. They will be able to comprehend the importance of cooking for themselves..</p> <p>Students will understand that they can do many tasks by themselves instead of having to use convenience foods or eating out.</p> <p>Preparation Techniques</p> <p>Food Safety and Sanitation</p> <p>Communicating within a group</p>	<p><i>Students will be able to independently use their learning to...</i></p> <p>Students will collaborate to learn the fundamentals of cooking</p> <ul style="list-style-type: none"> ● Critical Thinking ● Self Direction ● Reading and Following Directions ● Collaboration 	
	Meaning	
	<p><u>Understandings</u></p> <p><i>They can make products rather than buy Recipes</i></p> <p><i>Nutrition Label</i></p> <p><i>Budget</i></p> <p>Students will know and demonstrate how to read a nutrition label and develop a budget for food.</p>	<p><u>Essential Questions</u></p> <p>How do I cook for myself and why would I do it?</p> <p>How do I cut vegetables?</p> <p>How can I solve this problem myself without hiring someone?</p>
	Acquisition	
	<p><i>Students will know...</i></p> <p>Key knowledge, terms students will acquire from the unit.</p> <ul style="list-style-type: none"> ● General knowledge in cooking so they have confidence to do some basic cooking for themselves an/or family ● 	<p><i>Students will be able to...</i></p> <p>Turn on a stove and utilize properly</p> <p>Wash dishes and clean a kitchen.</p> <ul style="list-style-type: none"> ● Mise en place ● Cleaning equipment ● Prep

		● Following Recipes