

**Name of Course:** Foods and Nutrition I  
**Name of Instructor:** A. Rodriguez  
**Course Length:** Semester

**Class Textbook/Materials:**

Textbook: Food for Today, 9th Edition, Glencoe/McGraw Hill, 2006.  
ISBN: 0-07-861644-1

Teacher-developed activity packets  
Community resources  
Online resources  
Presentations  
Professional DVD/VHS media

**Description of the course:** This course is designed to teach students about the process of food preparation. Students are able to try new foods, feel comfortable in the kitchen, and learn various cooking methods and techniques. This course gives students the tools they need to prepare foods for themselves, their families, and in the workplace. Attention is given to the importance of food safety and sanitation. Guest speakers, computer programs, and projects supplement class presentations and discussions.

**Course content and learning objectives:**

Unit 1: Food Supply  
Unit 2: Ethnic Foods  
Unit 3: Cooking Methods  
Unit 4: Eating Patterns  
Unit 5: Creative Additions  
Unit 6: Sanitation  
Unit 7: Regional Foods  
Unit 8: Celebration Meals  
Unit 9: Baking/Cake Decorating

Students will be able to:

- Describe how different cooking methods affect food quality and nutrition.
- Assess possible impacts of human activities on food supplies.
- Identify typical ingredients used in regional dishes and explain their use.
- Determine pathogens found in food and their roles in causing illness.
- Demonstrate practices that promote kitchen cleanliness.
- Determine factors that contribute to food borne illness.
- Relate changes in family eating patterns to changes in American society.

**Daily/weekly assignments, grading procedures and special projects:**

Grading guidelines  
Daily assignments and projects  
Tests/quizzes  
Classroom participation

**Required Materials:**

Three-ring binder (any size)

Macintosh HD:Users:jbopp:Library:Containers:com.apple.mail:Data:Library:Mail Downloads:Syllabus-Foods and Nutrition 1.doc

Paper  
Writing utensil