

# Advanced Nutrition and Wellness 1

## Semester Syllabus

Textbook: Food for Today. Students will not be assigned individual books. We have a class room set and a book is assigned to their assigned seat. Students are responsible for the book assigned to their seat for the period they are in class. If students need to take a textbook home they may check a book out from their teacher. You may also access the textbook online this is limited so you need to request a paper with the link and directions from your teacher.

Intro 1/2 week: Rules and Expectations of class

Class overview

Pretest-What do you know and remember?

Review measuring techniques and terms

Unit #1: Serving Food (review) *Textbook chpt 18 pages: 257-258, 264-265*

How to set a proper table setting

Etiquette for entertaining

*Lab: Spaghetti, garlic bread and toss salad*

Knife Skills. *Chapter 24 cutting food text pages 375-376.*

How to properly hold and take care of a knife

What are different cuts you do with a knife?

*Lab: Salsa*

Unit #2: *Chapter 2 Diversity at the Table pages: 18-22.*

Culture and its relationship to food.

Similarities in global cuisines

Food customs today

*Chapter 14 Eating Patterns pages: 196-204.*

Different influences on food choices

Choices for dining out and how to do so healthfully

How to make good decisions about food

*Test: Table setting, knife skills, chpt 2 and 14*

Unit #3: Special Needs *Chapter 12 Health Challenges pages 164-170*

The role food plays in illness and recovery

How food can help to resolve or manage chronic health problems

*Chapter 15 Vegetarian Food Choices pages 210-216.*

Different types of vegetarian diets

Challenges of vegetarian nutrition

Daily food choices for vegetarians.

Students research a special need and present a report on it.

*Lab: prepare a lab that fits special need*

Unit #4: Herb and Spice. *Chapter 27 Creative Additions pages 414-419*

Difference between herbs and spices

Common herbs and spices

*Lab: Tea and herb butter*

*Lab: Chili and cornbread*

Unit #5: Understanding Food Supply, Conserving energy in the kitchen. *Chapter 3 Food Supply pages 30-38*

Ecosystems and their relationship to food

The main sources of the U.S. food supply and the steps food takes from farm to consumption.

*Chapter 21 Equipping the Kitchen pages 316-327*

Items that make up a work triangle  
Three large kitchen appliance and nine small kitchen appliances  
*Chapter 22 Conserving Resources pages 342-348*  
How to conservation benefits people and the environment  
How to use large kitchen appliances efficiently  
*Test: Chpt 3, 21 & 22*

Unit #6: Meal Planning. *Chpt 16 Meal Planning pages 222-232.*  
Benefits of meal planning  
How to create and meet a food budget  
Ways to make a meal appealing to the senses.  
*Lab: Breakfast Casserole and coffee cake*  
*Test: chpt 16*

Unit #7: Desserts  
*Chpt 44 Cakes, cookies and candies pages: 682-690*  
Methods for making and decorating cakes  
Impact of temperature and crystallization in candy recipes  
*Lab: fudge and candied apples*  
*Lab: Baking and decorating a cake*  
*Test over candy and cakes*  
*Chpt 45 Pies and Tarts pages 696-702*  
Types of pies  
How to use and shape pre-made pastry dough  
*Lab: Apple pie*  
6 types of cookies and how to successfully bake cookies  
*Lab: Cookies (not your typical)*  
*Lab: Gingerbread House Competition (3 days)*  
*Test: over cookies and pies.*

Unit #8: *Chpt 35 Poultry pages 552-556*  
Nutritional value of poultry  
Buying and storing poultry  
Food science principles of cooking poultry  
Methods of cooking poultry  
*Lab: Breaded Chicken cutlets and potato casserole*

Unit #9: *Chpt 34 Meat pages 534-544.*  
Inspection and grading of meat  
Selecting meat  
Food science principles of cooking meat  
Methods of cooking meat.  
*Lab: Italian braised Pork chops and Macaroni and cheese*  
*Test: chp 34, 35,*

Unit #8: (Time permitting in semester) *Chpt 36 Fish and Shellfish pages 562-572*  
Classification of fish and shellfish  
Selecting and purchasing fish and shellfish  
Principals and methods of cooking shellfish  
*Lab: (choose from) Fish Tacos*  
*Crab cakes*  
*Shrimp Alfredo*

*Final Exam*