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| **Know**  (by the end of the semester, students will know…) | **Understand**  (by the end of the semester, students will understand that…) | **Do**  (by the end of the semester, students will be able to…) |
| * Cooking terms * Kitchen safety techniques * Safe food handling techniques * Correct measuring techniques * Components of a healthy breakfast, milk and cheese cookery, egg cookery, cooking with grains, pastas and thickeners, cooking with fruits and vegetables * Nutritional benefits of milk, grains, fruits, vegetables, fat, fiber and sodium * Ways to adapt recipes to improve nutritional content * Components of food labels | * Cooking terms have different meanings and understanding those meanings will enable you to properly follow a recipe * There is a relationship between accidents and the way we work in the kitchen * There is a relationship between illness and the way we handle food. * Baked products may not turn out correctly without proper measuring * Research shows a direct relationship between eating breakfast and health * All foods provide nutrients for our bodies * Some foods do more harm than good for our bodies * There is a relationship between healthy cooking techniques and improved nutritional content of food * Information on nutrition labels can help us make good food choices | * Identify and demonstrate mastery of specific cooking skills/terms * Demonstrate safe food handling techniques * Demonstrate kitchen safety techniques * Demonstrate correct measuring techniques * Demonstrate correct cooking techniques * Demonstrate a clear understanding of nutritional benefits of specific foods * Analyze and interpret nutrition labels * Demonstrate ability to adapt a recipe to improve nutritional content |

**Course: Cooking and Eating Well Teacher: Eleanor Marsh**

**ESL’s taught and assessed:**

**1.0 Communication**

1. **Writing**
2. **Reading**
3. **Critical Thinking**

**7.0 Goal Setting**