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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
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**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**