

Foods and Nutrition I

Pacing Guide Spring 2022

Teacher: Tonya Sykes

FACS Secondary Education, ServSafe Instructor

1.00: Understand the relationship between food choices and health	1/20-2/2
Obj. 1.01 Remember influences on food choices 1.02 Understand guidelines for healthful food preparation	
2.00: Understand methods of food preparation	2/3 -3/22
Obj. 2.01 Understand kitchen safety 2.02 Understand food safety and sanitation 2.03 Remember measuring, cutting/preparation, mixing, and cooking/cleaning terms 2.04 Remember equipment and procedures for its use and care 2.05 Remember recipe parts, sources and adjustments 2.06 Understand processes and benefits of a workplan and teamwork for preparing healthy foods	
3.00: Understand procedures, equipment and cooking methods in food preparation	3/22-4/26
Obj. 3.01 Understand procedures, equipment and cooking methods in fruits and vegetable preparation 3.02 Understand procedures, equipment and cooking methods in dairy preparation 3.03 Understand procedures, equipment and cooking methods in grain preparation 3.04 Understand procedures, equipment and cooking methods in protein preparation	
4.00 Understand procedures, equipment & techniques applied to baking production	4/26-5/9
Obj. 4.01 Understand procedures to prepare quick bread products 4.02 Understand procedures to prepare yeast bread products 4.03 Understand procedures to prepare cakes and frostings (supplemental)	
5.00 Understand the principles of etiquette for meal service	5/9-5/11
Obj. 5.01 Understand the principles of basic place setting and meal service 5.02 Understand the principles of table manners	
6.00 Apply methods for meal planning and preparation	5/11-5/27
Obj. 6.01 Understand strategies in meal planning 6.02 Understand strategies for selecting and storing food 6.03 Apply methods to prepare healthy meals & snacks	
EXAM REVIEW	5/23-5/27
FINAL EXAM	5/31-6/3

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