West Windsor-Plainsboro Regional School District
7th Grade Family and Consumer Science

Unit 1: Kitchen Essentials	
Content Area: Family and Consumer Science	
Course & Grade Level: 7th Grade Cycle	
Summary and Rationale	
Summary: This 7th-grade course is designed to introduce students to the fundamentals of cooking, focusing on kitchen safety and sanitation, kitchen tools and appliances, following and scaling recipes, and collaborating effectively in a kitchen setting. The course aims to provide students with essential knowledge and skills that will empower them to cook safely and confidently, fostering a lifelong passion for culinary exploration. **Rationale:** Understanding kitchen safety and sanitation practices is paramount for any budding chef. By instilling these practices early on, students will develop habits that promote a safe and hygienic cooking environment. Students will become acquainted with various kitchen tools and appliances commonly used in cooking. Emphasizing the importance of selecting the right tools for specific tasks will enable students to enhance their cooking skills and achieve better culinary outcomes. In this unit, students will learn how to read and comprehend recipes effectively. They will understand the importance of accurate measurement and learn techniques for scaling recipes to accommodate different serving sizes. Additionally, they will explore the significance of ingredient substitutions and modifications to cater to dietary preferences or restrictions. This unit will focus on developing essential communication skills, emphasizing active listening, clear instructions, and effective division of tasks in a group cooking setting. These skills will not only enhance their culinary experiences but also prepare them for future collaborative endeavors in various contexts.	
Recommended Pacing	
10 days	
National Standards for Family and Consumer Science Education	
Standard: Food Production and Services	
8.3.6	Identify a variety of types of equipment for food processing, cooking, holding, storing, and serving.
Standard: Food Science, Dietetics and & Nutrition	
9.3.5	Analyze recipe/formula proportions and modifications for food production.
9.7.7	Analyze the impact of food presentation methods and techniques on nutrient value, safety and sanitation, and consumer appeal of food and products.
Standard: Interpersonal Relationships	
13.3.1	Analyze communication styles and their effects on relationships.
13.3.2	Demonstrate verbal and nonverbal behaviors and attitudes that contribute to effective communication.
13.5.1	Create an environment that encourages and respects the ideas, perspectives, and contributions of all group members.
13.5.5	Demonstrate ways to organize and delegate responsibilities.
13.5.7	Demonstrate processes for cooperating, compromising, and collaborating.
Standard: Nutrition and Wellness	
14.4.1	Analyze conditions and practices that promote safe food handling.
14.4.2	Analyze safety and sanitation practices.
New Jersey Student Learning Standards for English Language Arts Companion Standards	

Standard: Anchor Standards for Speaking and Listening: Comprehension and Collaboration	
NJSLSA.SL1.	Prepare for and participate effectively in a range of conversations and collaborations with diverse partners, building on others' ideas and expressing their own clearly and persuasively.
Standard: Anchor Standards for Speaking and Listening: Presentation of Knowledge and Ideas	
NJSLSA.R7.	Integrate and evaluate content presented in diverse media and formats, including visually and quantitatively, as well as in words.
Standard: Progress Indicators Informational Text: Craft and Structure	
RI.7.5	Analyze the structure an author uses to organize a text, including how the major sections contribute to the whole and to the development of the ideas.
New Jersey Student Learning Standards for Career Readiness, Life Literacies and Key Skills	
9.4.12.CI.1	Demonstrate the ability to reflect, analyze, and use creative skills and ideas (e.g., 1.1.12prof.CR3a).
9.4.8.CI.3	Examine challenges that may exist in the adoption of new ideas (e.g., 2.1.8.SSH, 6.1.8.CivicsPD.2).
New Jersey Student Learning Standards for Computer Science and Design Thinking	
8.2.5.ED.3	Follow step by step directions to assemble a product or solve a problem, using appropriate tools to accomplish the task.
8.2.5.ITH.2	Evaluate how well a new tool has met its intended purpose and identify any shortcomings it might have.
Interdisciplinary Standards	
Standard: Science	
RST.6-8.9	Compare and contrast the information gained from experiments, simulations, video, or multimedia sources with that gained from reading a text on the same topic. (MS-PS4-3)
SL.8.1	Engage effectively in a range of collaborative discussions (one-on-one, in groups, teacher led) with diverse partners on grade 7 topics, texts, and issues, building on others' ideas and expressing their own clearly. (MS-LS4-2), (MS-LS4-4)
WHST.6-8.9	Draw evidence from literary or informational texts to support analysis, reflection, and research. (MS-LS2-2), (MS-LS2-4)
Standard: Mathematics	
7.RP.A.1	Compute unit rates associated with ratios of fractions, including ratios of lengths, areas and other quantities measured in like or different units.
7.RP.A.2	Recognize and represent proportional relationships between quantities.
Instructional Focus	
Unit Enduring Understandings	
● Proper kitchen safety and sanitation practices are essential for creating a safe and hygienic cooking environment. ● Proper kitchen tool and appliance selection and use are essential for efficient and successful cooking. ● The ability to follow and scale recipes enables individuals to replicate and adapt dishes according to their needs and preferences. ● Effective collaboration and communication are crucial in a kitchen setting.	
Unit Essential Questions	
● How do proper kitchen safety and sanitation practices contribute to maintaining a safe and hygienic cooking environment? ● What are the potential consequences of neglecting kitchen safety and sanitation practices, and how do they impact the overall cooking experience? ● What factors should be considered when selecting and using kitchen tools and appliances for efficient and successful cooking? ● How do proper selection and use of kitchen tools and appliances contribute to efficient and successful cooking?	

- Why is the ability to follow and scale recipes important, and how does it empower individuals to replicate and adapt dishes according to their needs and preferences?
- Why is effective collaboration and communication crucial in a kitchen setting, and how do these skills contribute to successful culinary outcomes?
- What are the key elements of effective collaboration and communication in a kitchen setting, and how do they contribute to a smooth cooking process and successful meal preparation?

Objectives:

- Demonstrate an understanding of proper kitchen safety and sanitation practices and their importance in maintaining a safe and hygienic cooking environment.
- Identify appropriate kitchen tools and appliances to effectively enhance cooking efficiency and achieve successful culinary outcomes.
- Understand the importance of following and scaling recipes, and understand how these skills empower individuals to replicate and adapt dishes according to their needs and preferences.
- Demonstrate effective collaboration and communication in a kitchen setting, and recognize how these skills contribute to successful culinary outcomes.

We are learning to/that:

- We are learning to demonstrate an understanding of proper kitchen safety and sanitation practices and their importance in maintaining a safe and hygienic cooking environment.
- We are learning to identify appropriate kitchen tools and appliances to effectively enhance cooking efficiency and achieve successful culinary outcomes.
- We are learning to understand the importance of following and scaling recipes, and understand how these skills empower individuals to replicate and adapt dishes according to their needs and preferences.
- We are learning to demonstrate effective collaboration and communication in a kitchen setting, and recognize how these skills contribute to successful culinary outcomes.

Evidence of Learning

- Formative Assessment
- Summative Assessment
- Alternative Assessment
- Benchmark

Assessments:

The evaluation plan for the Family & Consumer Science department centers around a variety of evaluations that emphasize preparing students with crucial skills and knowledge necessary for their careers and daily lives. These evaluations are meticulously designed to assess students' competence in key areas such as family management, consumer education, nutrition and health, as well as life skills and personal development. The evaluation plan includes various kinds of evaluations, including formative and summative assessments, self-evaluations, and tasks in line with the primary competencies of family and consumer science. During each routine, formative, and summative evaluation, educators will supply alternative evaluation opportunities that adhere to 504 and IEP stipulations. These alternative evaluations are personalized to meet the needs of all students**.** Student accommodations can be found here.

Resources

https://www.familyconsumersciences.com/
https://ed.ted.com/
YouTube

Unit 2: Cooking & Food Science	
Content Area: Family and Consumer Science	
Course & Grade Level: 7th Grade Family and Consumer Science	
Summary and Rationale	
Summary: The 7th grade cooking and food science unit is designed to introduce students to the exciting world of culinary arts and the scientific principles that underpin food preparation. Throughout this unit, students will explore the fundamental techniques of cooking, develop an understanding of food science and gain practical skills in food preparation. The unit will apply topics such as food safety, kitchen organization, recipe analysis, and the role of different ingredients in cooking. Students will engage in hands-on activities, cooking experiments, and group projects to enhance their culinary skills and foster teamwork. By the end of the unit, students will have a solid foundation in cooking techniques, an appreciation for the science behind food, and the ability to make informed decisions about their dietary choices **Rationale:** By learning basic cooking techniques, meal planning, and nutrition principles, students acquire skills that will serve them well throughout their lives. Through engaging in cooking experiments and food preparation, students can directly apply scientific principles in a tangible and exciting way. This hands-on approach strengthens their understanding of scientific concepts within the kitchen and reinforces the relevance of science and food in everyday life. Students can work in groups to plan and execute recipes, fostering communication, cooperation, and problem-solving skills. They learn to delegate tasks, manage time effectively, and work towards a common goal. These skills are transferable and valuable in various aspects of life beyond the kitchen.	
Recommended Pacing	
20 days	
National Standards for Family and Consumer Science Education	
Standard: Food Production of Services	
8.2.7	Demonstrate safe food handling and preparation techniques that prevent cross contamination from potentially hazardous foods and food groups.
8.3.2	Maintain tools and equipment following safety procedures and OSHA requirements.
8.3.6	Identify a variety of types of equipment for food processing, cooking, holding, storing, and serving.
8.5.1	Demonstrate professional skills in safe handling of knives, tools, and equipment.
8.5.10	Prepare breads, baked goods and desserts using safe handling and professional preparation techniques.
8.5.11	Prepare breakfast meats, eggs, cereals, and batter products using safe handling and professional preparation techniques.
Standard: Food Science, Dietetics, & Nutrition	
9.2.2	Analyze food service management safety and sanitation programs.
9.3.5	Analyze recipe/formula proportions and modifications for food production.
9.5.3	Prepare food for presentation and assessment.
Standard: Interpersonal Relationships	

13.5.1	Create an environment that encourages and respects the ideas, perspectives, and contributions of all group members.
13.5.2	Demonstrate strategies to motivate, encourage, and build trust in group members.
Standard: Nutrition & Wellness	
14.4.2	Analyze safety and sanitation practices.
New Jersey Student Learning Standards for English Language Arts Companion Standards	
Standard: Anchor Standards for Speaking and Listening: Comprehension and Collaboration	
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8.2.5.ITH.2	Evaluate how well a new tool has met its intended purpose and identify any shortcomings it might have.
Interdisciplinary Standards (fill-in Science, or SS, or Math, etc..)	
Standard: Science	
RST.6-8.3	Follow precisely a multistep procedure when carrying out experiments, taking measurements, or performing technical tasks.
RST.6-8.9	Compare and contrast the information gained from experiments, simulations, video, or multimedia sources with that gained from reading a text on the same topic.)
SL.8.5	Integrate multimedia and visual displays into presentations to clarify information, strengthen claims and evidence, and add interest.)
SL.8.1	Engage effectively in a range of collaborative discussions (one-on-one, in groups, teacher led) with diverse partners on grade 7 topics, texts, and issues, building on others' ideas and expressing their own clearly. (MS-LS4-2),
Standard: Mathematics	
7.RP.A.1	Compute unit rates associated with ratios of fractions, including ratios of lengths, areas and other quantities measured in like or different units.
7.RP.A.2	Recognize and represent proportional relationships between quantities.
Instructional Focus	
Unit Enduring Understandings	
● Applying proper kitchen safety procedures is crucial for creating a safe and secure cooking environment, promoting personal well-being, and preventing accidents and injuries in the kitchen. ● Basic cooking techniques provide a foundation for creating a variety of dishes and empower students to explore their culinary interests. ● Knowledge of kitchen organization and proper equipment usage enhances efficiency and effectiveness in food preparation.	

- Analyzing recipes helps students understand the role of different ingredients and techniques in achieving desired flavors and textures.
- Hands-on activities and cooking experiments provide tangible applications of scientific concepts, reinforcing the relevance of science in everyday life.
- Delegating tasks, managing time effectively, and working towards a common goal are transferable skills applicable to various aspects of life beyond the kitchen.

Unit Essential Questions

- How can proper kitchen safety procedures create a safe and secure cooking environment?
- How do basic cooking techniques serve as a foundation for creating a variety of dishes, and how can they empower students to explore their culinary interests?
- What role does knowledge of kitchen organization play in enhancing efficiency and effectiveness in food preparation?
- What are the benefits of analyzing recipes in terms of understanding the role of different ingredients and techniques?
- What is the relevance of science in everyday life, particularly in relation to cooking?
- How do delegating tasks, managing time effectively, and working towards a common goal apply to various aspects of life beyond the kitchen?

Objectives:

- Understand and implement proper safety procedures to create a safe and secure cooking environment.
- Develop proficient application of basic cooking techniques to create a variety of dishes and explore culinary interests confidently.
- Recognize the importance of kitchen organization of ingredients, tools and workstations for efficiency and effectiveness in food preparation.
- Analyze recipes to understand ingredient roles and techniques, enhancing adaptability in cooking.
- Recognize and appreciate the relevance of science in everyday life, particularly in the context of cooking, by applying scientific concepts in hands-on activities and cooking experiments.
- Apply the skills of delegating tasks, managing time effectively, and working towards a common goal in the kitchen setting, and understand their applicability to various aspects of life beyond cooking, such as teamwork, project management, and problem-solving.

We are learning to/that:

- We are learning to understand and implement proper safety procedures to create a safe and secure cooking environment.
- We are learning to develop proficient application of basic cooking techniques to create a variety of dishes and explore culinary interests confidently.
- We are learning to recognize the importance of kitchen organization of ingredients, tools and workstations for efficiency and effectiveness in food preparation.
- We are learning to analyze recipes to understand ingredient roles and techniques, enhancing adaptability in cooking.
- We are learning to recognize and appreciate the relevance of science in everyday life, particularly in the context of cooking, by applying scientific concepts in hands-on activities and cooking experiments.
- We are learning to apply the skills of delegating tasks, managing time effectively, and working towards a common goal in the kitchen setting, and understand their applicability to various aspects of life beyond cooking, such as teamwork, project management, and problem-solving.

Evidence of Learning

 Formative Assessment

 Summative Assessment

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Assessments:

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Resources
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