

# Beginning Foods

Text: Guide to Good Food, 2002

Unit 1	Buying and Storing Food Food Safety Mixing, Cooking and Cutting Methods/Measurements	Ch. 5, 8-12
Unit 2	How Food Affects Life Nutrition	Ch. 1-3
Unit 3	Vegetables	Ch. 19
Unit 4	Function of Ingredients Quick Breads	Ch. 22
Unit 5	Dairy and Eggs	Ch. 16-17
Unit 6	Microwave Cooking Casseroles	Ch. 18, 21
Unit 7	Holiday Cooking/Cookies and Pies	Ch. 26-31

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## **Projects/Assignments to keep in mind for the semester:**

- ✿ Labs
- ✿ Casserole Re-make
- ✿ Power Point Presentation on Eggs or Dairy
- ✿ Recipe Collection

## **Distribution of Learning**

40 % Tests/Quizzes and Projects

35 % Lab

25 % Assignments

**20% Final (lab, clean-up, test, recipe collection)**

## **Recipe Collection**

This collection is to contain ALL recipes prepared in class. The collection may be compiled in a recipe box, folder or book. You will be graded on neatness, organization and creativity. You should be writing these down throughout the semester, DO NOT WAIT UNTIL FINALS WEEK!

### **Lab Evaluations**

\*\*\*In order to receive full credit for a lab, the following must be completed.

- ⚙ Market order properly filled out and turned in one day before lab. (Group)
- ⚙ Lab self-evaluation (if applicable)
- ⚙ Product display
- ⚙ Directions and recipes read and followed
- ⚙ Safety/Sanitation was displayed during lab
- ⚙ Team cooperation took place
- ⚙ Correct equipment and ingredients were used
- ⚙ Clean-up procedures were completed
- ⚙ Linens were put into washing machine
- ⚙ Kitchen equipment is put in its proper place

### **Missing a Lab**

You are allowed to miss one lab during the semester without penalty. Any other labs missed will have to be made up. Unexcused absences on lab days cannot be made up.

If you miss a lab, because of an excused absence you have the following two options to receive credit for the missed lab.

**Option 1:** Make something at home from “scratch”. You may not use a box mix or any type of prepackaged food item. Bring a sample or enough for the entire class accompanied by the recipe used. What you make should be related to what we are currently studying.

**Option 2:** Bring in three recipes related to the topic we are currently studying. If we are studying eggs, you should bring in three **egg based** recipes. Egg based recipes do not include cookies or other food that call for a single egg. These recipes can be found in your family’s recipe boxes, cookbooks, newspapers and the Internet.

Either option needs to be completed **2 days** after the excused absence. If you know in advance you are going to be gone on a lab day, they should be completed before you leave in order to receive credit.