



Dublin City Schools  
Family & Consumer Science  
Graded Course of Study  
2022

## **Family & Consumer Science Vision**

In Dublin City Schools, we believe that all students deserve experiential learning opportunities that support each child in their lifelong learning. The Family and Consumer Science curriculum provides our high school students with learning experiences that focus on the development of employability and leadership skills including, collaboration, building strong human connection, problem solving, and inclusivity. We believe that by teaching students these skills, they can transfer them to their future endeavors that may include education, entrepreneurship, enlistment and/or employment. We believe that each student who enters a Family and Consumer Science classroom deserves an opportunity to build leadership skills that will serve them now and in the future as independent members of the community.

### **Instructional Agreements:**

- Experiential learning will be a cornerstone of learning within Family and Consumer Science, providing students with real-life learning that will serve their future.
- Students will be provided opportunities to connect their learning with their own experiences.
- Employability (soft) skills will be integrated into course instruction.

# Global Gourmet

## Global Gourmet Course Goals:

In this course, students will compare cuisines, ingredients and preferred cooking methods of various cultures. The influence of traditions and regional and cultural perspectives on food choices and culinary practices will be emphasized. Students will examine the issues and conditions that affect the availability and quality of food in the global market, and apply advanced cooking techniques, including the use of specialty and appropriate equipment in the preparation of food dishes.

Introduction to Soft Skills		
Strand	Outcomes	Competencies
<b>1. Career Development</b> Develop skills in professionalism, leadership and communication, as applied to career planning and entrepreneurship, to succeed in educational and professional settings.	<b>1.1. Personal and Professional Skills</b> Develop personal and professional skills to transition through life.	1.1.1. Identify the knowledge, skills and abilities necessary to succeed.  1.1.4. Explain the importance of work ethic, accountability and responsibility and demonstrate associated behaviors in fulfilling personal, community and workplace roles.  1.1.5. Apply problem-solving and critical-thinking skills to issues when making decisions and formulating solutions.  1.1.6. Identify the correlation between emotions, behavior and appearance and manage those to establish and maintain professionalism.  1.1.7. Give and receive constructive feedback to improve personal and professional.  1.1.9. Recognize different cultural beliefs and practices and demonstrate respect for them.
	<b>1.3 Leadership and Communication</b>	1.3.4. Use negotiation and conflict-resolution skills to reach solutions.

	Develop leadership, team building and communication skills to promote collaboration.	<p>1.3.5. Communicate information for an intended audience and purpose.</p> <p>1.3.6. Use proper grammar and expression in all aspects of communication.</p> <p>1.3.7. Use consensus-building techniques to draw conclusions and determine next steps.</p> <p>1.3.8. Identify the strengths, weaknesses and characteristics of leadership styles that influence personal and professional relationships.</p> <p>1.3.10. Use interpersonal skills to provide group leadership, promote collaboration and work in a team.</p>
<p><b>2. Family Development</b> Develop personal attributes that contribute to healthy families, community involvement and workplace productivity.</p>	<p><b>2.1. Family Units</b> Examine the effects of family units on individuals and society.</p>	<p>2.1.3. Explain the importance of cultural traditions in a family unit.</p>

Kitchen Safety & Sanitation		
Strand	Outcomes	Competencies
<p><b>3. Food and Nutrition</b> Develop knowledge of food and nutrition</p>	<p><b>3.4. Food Safety and Sanitation</b> Promote food safety and sanitation using proper food handling and storage.</p>	<p>3.4.1. Identify major foodborne illnesses, causes, preventions and entrances into the food supply.</p> <p>3.4.2. Prevent food safety risks by controlling conditions under which bacteria grow.</p>

to make informed choices that support safe, affordable and sustainable food practices.		3.4.3. Compare the effects of food labeling, preservation, packaging and storage on food safety, freshness and longevity.
		3.4.4. Compare food preservation methods (e.g., freezing, drying, canning) used to optimize shelf life.
		3.4.5. Regulate food temperatures throughout purchase, storage, handling, cooking and serving.
		3.4.6. Apply personal, food safety and sanitation processes and procedures to prevent contamination and cross-contamination at home and in the workplace.
	<b>3.5. Food Preparation</b> Prepare foods through different cooking methods to preserve nutrient values.	3.5.1. Evaluate the physical, biological and chemical makeup of foods and the effects on food preparation.
<b>4. Personal Finance and Consumerism</b> Develop skills to achieve personal financial wellness and become an educated consumer.	<b>4.6. Ethics, Law and Consumer Issues</b> Analyze how professional, ethical and legal behaviors contribute to continuous improvement in regulatory compliance.	4.6.8. Identify ways to advocate for public policies, legislation and government regulations.

Cooking Vocabulary & Nutrition		
Strand	Outcomes	Competencies
<b>3. Food and Nutrition</b> Develop	<b>3.1. Nutritional Information</b> Analyze nutritional information to guide food choices.	3.1.1. Describe the sources of nutrients and their contributions to dietary needs.

knowledge of food and nutrition to make informed choices that support safe, affordable and sustainable food practices.		3.1.3. Identify symptoms of nutrient deficiencies and toxicity.
		3.1.4. Calculate nutrient values of meals based on the food labels of products and ingredients.
		3.1.5. Identify suitable ingredient substitutes to meet special dietary needs.
<b>3.5. Food Preparation</b> Prepare foods through different cooking methods to preserve nutrient values.		3.5.4. Calculate solid and liquid measurements and apply ratios and equations to convert U.S. and metric measurements.
		3.5.5. Adjust and convert recipes to achieve specific serving sizes and ingredient substitutions.
		3.5.6. Select cooking methods to retain nutritional values of fruits, vegetables, grains, protein and dairy.
		3.5.7. Adjust cooking time and temperature based on convention, convection and microwave ovens.
		3.5.9. Adjust to weather and altitude conditions when preparing baked products.

Measuring Skills & Equipment Operation/Intro Food Prep		
Strand	Outcomes	Competencies
<b>1. Career Development</b> Develop skills in professionalism, leadership and communication, as applied to career planning	<b>1.1. Personal and Professional Skills</b> Develop personal and professional skills to transition through life.	1.1.1. Identify the knowledge, skills and abilities necessary to succeed.  1.1.4. Explain the importance of work ethic, accountability and responsibility and demonstrate associated behaviors in fulfilling personal, community and workplace roles.

<p>and entrepreneurship , to succeed in educational and professional settings.</p>		<p>1.1.5. Apply problem-solving and critical-thinking skills to issues when making decisions and formulating solutions.</p> <p>1.1.6. Identify the correlation between emotions, behavior and appearance and manage those to establish and maintain professionalism.</p> <p>1.1.7. Give and receive constructive feedback to improve personal and professional</p>
	<p><b>1.3. Leadership and Communication</b> Develop leadership, team building and communication skills to promote collaboration.</p>	<p>1.3.3. Identify and use verbal, nonverbal and active listening skills to communicate effectively.</p> <p>1.3.4. Use negotiation and conflict-resolution skills to reach solutions.</p> <p>1.3.5. Communicate information for an intended audience and purpose.</p> <p>1.3.6. Use proper grammar and expression in all aspects of communication.</p> <p>1.3.7. Use consensus-building techniques to draw conclusions and determine next steps.</p> <p>1.3.8. Identify the strengths, weaknesses and characteristics of leadership styles that influence personal and professional relationships.</p> <p>1.3.10. Use interpersonal skills to provide group leadership, promote collaboration and work in a team.</p>
<p><b>3. Food and Nutrition</b> Develop knowledge of food and nutrition</p>	<p><b>3.5. Food Preparation</b> Prepare foods through different cooking methods to preserve nutrient values.</p>	<p>3.5.1. Evaluate the physical, biological and chemical makeup of foods and the effects on food preparation.</p> <p>3.5.2. Develop menus that preserve nutrient values and promote healthy eating patterns.</p>

<p>to make informed choices that support safe, affordable and sustainable food practices.</p>		<p>3.5.3. Identify seasonings, oils, flavor enhancers and food additives by type, class or purpose.</p> <p>3.5.4. Calculate solid and liquid measurements and apply ratios and equations to convert U.S. and metric measurements.</p> <p>3.5.5. Adjust and convert recipes to achieve specific serving sizes and ingredient substitutions.</p> <p>3.5.6. Select cooking methods to retain nutritional values of fruits, vegetables, grains, protein and dairy.</p> <p>3.5.7. Adjust cooking time and temperature based on convention, convection and microwave ovens.</p> <p>3.5.8. Prepare sauces and gravies using thickening agents.</p> <p>3.5.9. Adjust to weather and altitude conditions when preparing baked products.</p> <p>3.5.10. Prepare a variety of confections, pastries and baked products.</p>
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<b>Global Cuisine: Pacific Rim, Mediterranean Central &amp; South America</b>		
<b>Strand</b>	<b>Outcomes</b>	<b>Competencies</b>
<p><b>1. Career Development</b> Develop skills in professionalism, leadership and communication, as applied to career planning</p>	<p><b>1.1 Personal and Professional Skills</b> Develop personal and professional skills to transition through life.</p>	<p>1.1.1. Identify the knowledge, skills and abilities necessary to succeed.</p> <p>1.1.4. Explain the importance of work ethic, accountability and responsibility and demonstrate associated behaviors in fulfilling personal, community and workplace roles.</p>



and entrepreneurship, to succeed in educational and professional settings.		<p>1.1.5. Apply problem-solving and critical-thinking skills to issues when making decisions and formulating solutions.</p> <p>1.1.6. Identify the correlation between emotions, behavior and appearance and manage those to establish and maintain professionalism.</p> <p>1.1.7. Give and receive constructive feedback to improve personal and professional.</p> <p>1.1.9. Recognize different cultural beliefs and practices and demonstrate respect for them.</p>
	<p><b>1.2. Career Exploration</b> Explore career opportunities that reflect personal interests, strengths, values, personalities, skills and abilities.</p>	<p>1.2.7. Develop strategies for self-promotion.</p>
	<p><b>1.3. Leadership and Communication</b> Develop leadership, team building and communication skills to promote collaboration.</p>	<p>1.3.1. Extract relevant, valid information from materials and cite sources of information.</p> <p>1.3.2. Deliver and critique formal and informal presentations.</p> <p>1.3.3. Identify and use verbal, nonverbal and active listening skills to communicate effectively.</p> <p>1.3.4. Use negotiation and conflict-resolution skills to reach solutions.</p> <p>1.3.5. Communicate information for an intended audience and purpose.</p> <p>1.3.6. Use proper grammar and expression in all aspects of communication.</p>

		<p>1.3.7. Use consensus-building techniques to draw conclusions and determine next steps.</p> <p>1.3.8. Identify the strengths, weaknesses and characteristics of leadership styles that influence personal and professional relationships.</p> <p>1.3.10. Use interpersonal skills to provide group leadership, promote collaboration and work in a team.</p> <p>1.3.11. Use technical writing skills to complete forms and create reports.</p>
	<p><b>1.5. Global Environment</b> Evaluate how beliefs, values, attitudes and behaviors influence personal and professional goals.</p>	<p>1.5.1. Describe the interdependence of cultural understanding and cultural intelligence skills.</p> <p>1.5.2. Describe how cultural intelligence skills influence the overall success and survival of a community.</p> <p>1.5.3. Use continual awareness to interact and exchange ideas with individuals from diverse cultural settings.</p> <p>1.5.4. Recognize barriers in cross-cultural relationships and implement behavioral adjustments.</p> <p>1.5.5. Recognize the ways in which bias, stereotypes and discrimination may influence self-worth and group dynamics.</p> <p>1.5.6. Analyze tasks for understanding and interpretation from a different cultural perspective.</p> <p>1.5.7. Identify how multicultural teaming and globalization can foster recognition of new opportunities.</p> <p>1.5.8. Compare multigenerational characteristics.</p>

<p><b>2. Family Development</b> Develop personal attributes that contribute to healthy families, community involvement and workplace productivity.</p>	<p><b>2.1. Family Units</b> Examine the effects of family units on individuals and society.</p>	<p>2.1.3. Explain the importance of cultural traditions in a family unit.</p>
<p><b>3. Food and Nutrition</b> Develop knowledge of food and nutrition to make informed choices that support safe, affordable and sustainable food practices.</p>	<p><b>3.1 Nutritional Information</b> Analyze nutritional information to guide food choices.</p>	<p>3.1.1. Describe the sources of nutrients and their contributions to dietary needs.</p> <p>3.1.3. Identify symptoms of nutrient deficiencies and toxicity.</p> <p>3.1.4. Calculate nutrient values of meals based on the food labels of products and ingredients.</p> <p>3.1.5. Identify suitable ingredient substitutes to meet special dietary needs.</p> <p>3.1.6. Compensate for nutritional deficiencies.</p>
	<p><b>3.2 Physical Changes</b> Manage physical changes throughout the lifecycle.</p>	<p>3.2.1. Identify factors that influence physical changes.</p>
	<p><b>3.3 Food Selection</b> Analyze safe and affordable foods that promote a healthy lifestyle.</p>	<p>3.3.2. Evaluate challenges that prevent individuals from obtaining nutritious food choices.</p> <p>3.3.4. Identify quality standards used to select food products.</p> <p>3.3.6. Describe the impact of social and cultural influences on dietary patterns.</p>

		<p>3.3.8. Create menus for special occasions and events that reflect knowledge of special dietary and nutritional needs.</p>
	<p><b>3.4 Food Safety and Sanitation</b> Promote food safety and sanitation using proper food handling and storage.</p>	<p>3.4.1. Identify major foodborne illnesses, causes, preventions and entrances into the food supply.</p> <p>3.4.2. Prevent food safety risks by controlling conditions under which bacteria grow.</p> <p>3.4.3. Compare the effects of food labeling, preservation, packaging and storage on food safety, freshness and longevity.</p> <p>3.4.4. Compare food preservation methods (e.g., freezing, drying, canning) used to optimize shelf life.</p> <p>3.4.5. Regulate food temperatures throughout purchase, storage, handling, cooking and serving.</p> <p>3.4.6. Apply personal, food safety and sanitation processes and procedures to prevent contamination and cross-contamination at home and in the workplace.</p>
	<p><b>3.5 Food Preparation</b> Prepare foods through different cooking methods to preserve nutrient values.</p>	<p>3.5.1. Evaluate the physical, biological and chemical makeup of foods and the effects on food preparation.</p> <p>3.5.2. Develop menus that preserve nutrient values and promote healthy eating patterns.</p> <p>3.5.3. Identify seasonings, oils, flavor enhancers and food additives by type, class or purpose.</p> <p>3.5.4. Calculate solid and liquid measurements and apply ratios and equations to convert U.S. and metric measurements.</p> <p>3.5.5. Adjust and convert recipes to achieve specific serving sizes and ingredient substitutions.</p>

		<p>3.5.6. Select cooking methods to retain nutritional values of fruits, vegetables, grains, protein and dairy.</p> <p>3.5.7. Adjust cooking time and temperature based on convection, convection and microwave ovens.</p> <p>3.5.8. Prepare sauces and gravies using thickening agents.</p> <p>3.5.9. Adjust to weather and altitude conditions when preparing baked products.</p> <p>3.5.10. Prepare a variety of confections, pastries and baked products</p>
	<p><b>3.6 Dining Etiquette</b> Analyze dining etiquette, settings and service styles that enhance the food experience.</p>	<p>3.6.1. Compare formal and informal dining settings.</p> <p>3.6.2. Identify the components of place settings.</p> <p>3.6.4. Decorate or garnish plated foods to enhance presentation.</p> <p>3.6.5. Apply social and dining etiquette rules that reflect the setting.</p> <p>3.6.6. Serve foods according to the selected serving style.</p> <p>3.6.8. Explain the responsibilities of a host and guest.</p>
	<p><b>3.7 Sustainable Food Practices</b> Analyze key components of local, healthy, sustainably-grown foods.</p>	<p>3.7.1. Identify available resources that ensure adequate, secure food supplies.</p> <p>3.7.4. Identify the role of local producers, food distributors and current farm practices to support sustainable agriculture.</p> <p>3.7.7. Compare community-based food systems and resources.</p>
<p><b>4. Personal Finance and</b></p>	<p><b>4.1 Financial Goals</b> Achieve financial goals to establish</p>	<p>4.1.1. Identify the economic principles that affect the cost of living.</p>

<b>Consumerism</b> Develop skills to achieve personal financial wellness and become an educated consumer.	financial stability.	
	<b>4.2 Financial Services</b> Analyze financial institutions and services.	4.2.4. Identify the impact of government regulations, global economics and environmental conditions on investment and retirement plans.
	<b>4.5 Purchasing Decisions</b> Apply strategies to make purchasing decisions.	4.5.3. Explain the effects of economic trends and conditions on purchasing decisions.  4.5.4. Describe the impact of supply and demand on product availability and pricing.