



**Ephrata High School  
Course Syllabus  
Nutrition & Foods  
5310**



### *I. Course Description*

Through coursework and laboratory experiences, you will learn etiquette, safe food handling, basic cooking techniques, use of appliances, and kitchen and meal management. A sound knowledge of nutrition is emphasized with the Food Guide Pyramid and the USDA Dietary Guidelines. A one-day culinary experience in a commercial kitchen is required. *An \$8.00 Lab Fee will be charged.*

### *II. Materials & Equipment*

The World of Food, Medved, Prentice Hall (1990)

Guide to Good Food, Largen & Bence, Goodheart-Wilcox, (1996)

### *III. Course Goals & Objectives*

- Develop awareness and knowledge of nutrition in food selection, storage and preparation.
- Evaluate personal nutritional habits and needs.
- Effectively evaluate information on food and nutrition disseminated through the media.
- Use nutrition labeling to evaluate food choices.
- Identify the key nutrients; describe their function and list important sources of each.
- Identify how many daily servings are needed from each group in the Food Guide Pyramid how to use it for planning one's daily food intake.

### *IV. Course Topics (Summary Outline)*

- Kitchen organization, equipment and terminology
- Food safety and sanitation
- Home Food Preservation
  - Canning
  - Freezing
  - Dehydration
- Nutrition
  - Carbohydrates
  - Protein
  - Fat
  - Water
  - Vitamins
  - Minerals
- Preparation
  - Breads and baked goods
  - Fruits and vegetables
  - Meats, Poultry and other protein sources

### *V. Assignments & Grading*

A combination of tests, quizzes, classroom assignments, homework, projects, cooking labs, and participation will be used to evaluate students. Assessment in cooking related activities is guided by a rubric that shows a set of criteria on which the judgment of performance is based. All work will be assigned a point value. At the end of each marking period, a comparison between points accumulated and total points possible will determine percentage grade for the quarter.