



**FOREST LAKE AREA SCHOOLS
FOREST LAKE, MN 55025**

February 3, 2011

AGENDA ITEM: 10.3

TOPIC: FIRST READING OF NEW COURSE "LET'S EAT!"

BACKGROUND: In the fall of 2010, curriculum discussions led to a .5 credit increase in the science requirement at 7th grade. This increase will take effect in fall of 2011. With the increase in 7th grade science, discussions around elective offerings at the Jr. High level led to the decision to offer 2 credits of elective choice for all 7th and 8th grade students, beginning in the fall of 2011. Elective departments have worked throughout the fall of 2010 to update current offerings or create new course offerings in elective areas. Some offerings will be tailored to mixed groups of 7th and 8th grade students, while some offerings will be offered to grade level students at either grades 7, 8 or 9.

PROCESS: Through discussions on elective course offerings at the junior high level, the FACS department has updated current course offerings. Through that updating, the department is offering a new introductory course to food preparation and culinary work at grade 8. This course would provide access to skills that could be advanced in an alternative class that is currently offered at grade 9. "Let's Eat!" explores how to plan and prepare a well-balanced meal. Students will learn food preparation and meal planning strategies through experiences in the kitchens. Other topics to be covered include nutritional needs, healthy food choices, and weight management. The department has recognized the need for more in depth experiences for students interested in food related projects at the junior high level. A preliminary course outline is attached to this proposal.

RECOMMENDATION: First reading of a proposal to offer a new 8th grade elective, "Let's Eat!" for the 2011-12 school year.

Secondary Course Outline

Course name: Let's Eat

Grade: 8th Grade

Course description:

Food, food and more food! Let's Eat explores how to plan and prepare a well-balanced meal. Students will learn food preparation and meal planning strategies through experiences in the kitchens.

FACS National Standards:

Consumer and Family Resources: 2.1, 2.4, 2.5
Consumer Services: 3.5
Facilities Management and Maintenance: 5.3
Food Production and Services: 8.2, 8.4
Food Science, Dietetics, and Nutrition: 9.2, 9.3, 9.4, 9.5

Minnesota Academic Standards:

8th Grade Math: Number Sense

8th Grade Language Arts: Reading and Literature
 Writing
 Speaking, Listening, and Viewing

Social Studies: Economics

Learner outcomes:

Students will:

1. Explain how food relieves hunger and improves wellness.
2. Evaluate dietary needs from nutrition resources.
3. Demonstrate safety and sanitation procedures while applying food preparation techniques within a foods lab setting.
4. Analyze nutritional contributions of various foods (foods lab products and other food choices).
5. Demonstrate the ability to follow written and verbal instruction to accurately prepare nutritious products.
6. Understand the cultural, social, and psychological influences on food choices.
7. Applying decision making process and problem solving techniques to meal planning.
8. Demonstrate preparation of healthful foods.
9. Learn about and plan foods from various meals that meet nutritional needs of teenagers..
10. Examine factors that contribute to weight problems and eating disorders.
11. Understand the causes, symptoms, and treatment of common food-borne illnesses.

Course content:

- I. Fundamentals of Food Preparation
 - a. Safety and Sanitation
 - b. Equipment
 - c. Terminology
 - d. Measuring
 - e. Plan of Action
 - f. Food Preparation Skills
- II. How Food Affects Life:

- a. Making Choices about Foods
- b. Food Meets Physical Needs
- c. Social Influences on Food Choices
- d. Psychological Influences on Food Choices

III. Nutritional Needs:

- a. The Nutrients

IV. Making Healthful Foods Choices

- a. Diet Planning Resources
- b. Choosing Wisely When Preparing Food

V. Nutrition in the Teen Years

VI. Staying Active and Managing Your Weight

- a. Energy Needs
- b. Weight Management
- c. Eating Disorders

Notes: (This section should contain information regarding textbooks, technology integration, films, videos and various resources used in teaching the course. Any additional notes that are useful to teachers should be included.)