

## FAMILY AND CONSUMER SCIENCES

### GLOBAL GOURMET II 8<sup>TH</sup> GRADE ELECTIVE

### MIDDLE SCHOOL

<b>Food Preparation</b>	<b>Influences of Food Choices</b>
Apply effective kitchen practices	Evaluate nutrition principles, food plans, preparation techniques and specialized dietary plans.
<ol style="list-style-type: none"><li>1. Apply appropriate food preparation techniques.</li><li>2. Apply technical reading skills to follow a recipe</li><li>3. Apply practical mathematics skills to measure ingredients correctly</li><li>4. Manage resources in the kitchen</li><li>5. Apply techniques learned in class for an at home cooking assignment.</li></ol>	<ol style="list-style-type: none"><li>6. Evaluate individual food choices and their impact on health and wellness</li></ol>

<b>Trends in Food</b>	<b>Cultural History of Food</b>
Evaluate factors that influence food consumption.	Analyze how cultural characteristics in regions of the United States influence food.
<ol style="list-style-type: none"><li>7. Compare and contrast the differences between commonly eaten foods in the United States and abroad.</li></ol>	<ol style="list-style-type: none"><li>8. Explore and analyze different cultures<ol style="list-style-type: none"><li>a. Research</li><li>b. Food preparation</li><li>c. Regional etiquette</li><li>d. Historical perspective</li></ol></li></ol>