

MHS Curriculum Overview  
Family and Consumer Science

Last Updated June 2024

Department Standards for all FCS courses

- **CTES1:** Students will communicate and collaborate with others to accomplish tasks and develop solutions to problems and opportunities.
- **CTES2:** Students will think and work creatively to develop innovative solutions to problems and opportunities by employing critical thinking skills.

<p><b>Foods 1: Culinary Basics</b></p> <p>Gradebook standards</p> <ul style="list-style-type: none"> <li>● <b>FPS1. (Food Production)</b> Students will integrate knowledge, skills and practices required for food production.</li> <li>● <b>FPS1.b:</b> Students will demonstrate food safety and sanitation procedures.</li> <li>● <b>FPS1.e:</b> Students will demonstrate food preparation methods and techniques.</li> <li>● <b>FSDN1.d:</b> Students will explore and apply basic concepts of nutrition.</li> <li>● <b>FSDN1. (Food Science, Dietetics and Nutrition):</b> Students will explore the knowledge, skills and practices required for careers in food science, food technology, dietetics and nutrition.</li> </ul> <p><b>Topics of Study</b></p> <ul style="list-style-type: none"> <li>● Kitchen Basics (safety, fires, sanitation, equipment, utensils and mise en place)</li> <li>● Recipes and Cooking Methods</li> <li>● Kitchen Math &amp; Abbreviations</li> <li>● Fundamentals of Nutrition</li> <li>● Terms, Utensils, Equipment</li> <li>● The Incredible Edible Egg &amp; Egg Substitutes</li> <li>● Dairy &amp; Dairy Substitutes</li> <li>● Knife Skills</li> <li>● Fruit &amp; Vegetables</li> <li>● Quick Breads &amp; Mixing Methods with Gluten Free Options</li> <li>● Grains &amp; Starches</li> <li>● Product Development &amp; Recipe Writing</li> <li>● Proteins: Chicken, Beef, Tofu &amp; Meatless Beef</li> </ul>	<p><b>Foods 2: Advanced Culinary &amp; Baking</b></p> <p>Gradebook standards</p> <ul style="list-style-type: none"> <li>● <b>FPS1. (Food Production)</b> Students will integrate knowledge, skills and practices required for food production.</li> <li>● <b>FPS1.b:</b> Students will demonstrate food safety and sanitation procedures.</li> <li>● <b>FPS1.e:</b> Students will demonstrate food preparation methods and techniques.</li> <li>● <b>FSDN1.d:</b> Students will explore and apply basic concepts of nutrition.</li> <li>● <b>FSDN1. (Food Science, Dietetics and Nutrition):</b> Students will explore the knowledge, skills and practices required for careers in food science, food technology, dietetics and nutrition.</li> </ul> <p><b>Topics of Study</b></p> <ul style="list-style-type: none"> <li>● Kitchen Basics - Advanced</li> <li>● Knife Skills 2</li> <li>● Culinary Math</li> <li>● Sandwiches and Pizza</li> <li>● Herbs, Spices and Seasonings</li> <li>● Salads, Dressings &amp; Dips</li> <li>● Soups &amp; Sauces</li> <li>● Breakfast Cookery</li> <li>● Let's Go Asian</li> <li>● Proteins &amp; Seafood</li> <li>●</li> <li>● Experiential Entertaining</li> <li>● Yeast Breads</li> <li>● Cookies</li> <li>● Cakes &amp; Frostings</li> <li>● Pies</li> <li>● Pastries</li> </ul>	<p><b>Foods 3: Introduction to the Food Industry</b></p> <p>Gradebook standards</p> <ul style="list-style-type: none"> <li>● <b>FPS1. (Food Production)</b> Students will integrate knowledge, skills and practices required for food production.</li> <li>● <b>FPS1.b:</b> Students will demonstrate food safety and sanitation procedures.</li> <li>● <b>FPS1.d:</b> Students will demonstrate Menu Planning</li> <li>● <b>FPS1.e:</b> Students will demonstrate food preparation methods and techniques.</li> <li>● <b>FPS1.f:</b> Students will demonstrate implementation of food service management and leadership.</li> <li>● <b>FSDN1. (Food Science, Dietetics and Nutrition):</b> Students will explore the knowledge, skills and practices required for careers in food science, food technology, dietetics and nutrition.</li> <li>● <b>HTR1.c: (Hospitality, Tourism &amp; Recreation)</b> Apply concepts of quality service to assure customer satisfaction.</li> </ul> <p><b>Topics of Study</b></p> <ul style="list-style-type: none"> <li>● Welcome to the Industry</li> <li>● Entrepreneurship</li> <li>● Reaching Your Customer</li> <li>● A Safe Operation</li> <li>● Service &amp; Management</li> <li>● Managing Costs</li> <li>● Catering</li> </ul>
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<ul style="list-style-type: none"> <li>● Careers Related to Food</li> </ul> <p><b>ProChef: Level 1 and ProChef: Level 2</b></p> <p><b>Topics of Study</b> These are Independent Study Courses</p> <p>Each student, with instructor guidance, will develop topics of study based on their interests, ProStart and Youth Apprenticeship requirements.</p> <p>Gradebook standards</p> <ul style="list-style-type: none"> <li>● <b>FPS1. (Food Production)</b> Students will integrate knowledge, skills and practices required for food production</li> </ul> <p><b>OR</b></p> <ul style="list-style-type: none"> <li>● <b>FSDN1. (Food Science, Dietetics and Nutrition):</b> Students will explore the knowledge, skills and practices required for careers in food science, food technology, dietetics and nutrition.</li> </ul> <p><b>OR</b></p> <ul style="list-style-type: none"> <li>● <b>HTR1: (Hospitality, Tourism &amp; Recreation)</b> Students will synthesize knowledge, skills and practices required for careers in hospitality, tourism and recreation.</li> </ul>		<p><b>Parents and Children</b></p> <p>Gradebook standards</p> <ul style="list-style-type: none"> <li>● <b>F1. (Family):</b> Students will evaluate the significance of family and its effects on the well-being of individuals.</li> <li>● <b>P1. (Parenting):</b> Students will evaluate the effects of parenting roles and responsibilities on strengthening the well-being of individuals and families.</li> <li>● <b>HD1. (Human Development):</b> Students will analyze the factors that influence human growth and development.</li> <li>● <b>EC1. (Early Childhood):</b> Students will explore and integrate knowledge, skills and practices required in early childhood.</li> <li>● <b>EC1.b: Students</b> will apply theories of developmentally appropriate practices.</li> <li>● <b>EC1.d:</b> Students will explore appropriate behaviors for children.</li> <li>● <b>EC1.e:</b> Students will create developmentally appropriate activities.</li> </ul> <p><b>Topics of Study</b></p> <ul style="list-style-type: none"> <li>● Families and Relationships</li> <li>● Pregnancy &amp; Birth</li> <li>● Growth &amp; Development</li> <li>● Joy of Play</li> <li>● Careers working with Children</li> </ul>
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