

Colorado CTE Course – Scope and Sequence

Course Name	Foods, Nutrition, Culinary Arts		Course Details	6-9 weeks	
			Course = 0.50 Carnegie Unit Credit		
Course Description	This Middle School course introduces students to basic food production, nutrition and food science concepts.				
Note:	This is a suggested scope and sequence for the course content. The content will work with any textbook or instructional resource. If locally adapted, make sure all essential knowledge and skills are covered. Menu of Options/Ideas for Curriculum: Level 1: Career Interest Development - CTECS - WRS				
SCED Identification #		Schedule calculation based on 60 calendar days of a 90-day semester. Scope and sequence allows for additional time for guest speakers, student presentations, field trips, remediation, or other content topics.			
All courses taught in an approved CTE program must include Essential Skills embedded into the course content. The Essential Skills Framework for this course can be found at https://www.cde.state.co.us/standardsandinstruction/essentialskills 2021 Version of PWR/Essential Skills					
Instructional Unit Topic	Suggested Length of Instruction	CTE or Academic Standard Alignment <i>Standard alignment to be added at local discretion</i> National FCS Middle School Standards (NFMS)	Competency / Performance Indicator	Outcome / Measurement	CTSO/PWR (essential) Skills/ICAP* Integration *MS ICAP Quality Indicators
Kitchen Basics	1-2 weeks	4.2 Utilize food/preparation/culinary methods and techniques to produce a variety of food products	Demonstrate proper use of tools and equipment	No Bake cookies, Smoothies, Measuring Assessment Tools Assessment	
<ul style="list-style-type: none"> - Tools - Equipment - Measuring - Terms - Reading & Using a recipe - Abbreviations & Equivalent - Food Preparation 					
Lab Management - Safety	Can be done in conjunction	4.2 Utilize food/preparation/culinary	Demonstrate food, equipment and facilities	Safety Test	

<ul style="list-style-type: none"> - Sanitation - Equipment - Lab Set Up 	with Kitchen Management unit	methods and techniques to produce a variety of food products	safety and sanitation procedures	Kitchen Crime Scene Results Write-Up	
Macronutrients <ul style="list-style-type: none"> - Protein - Fats - Carbohydrate - Calories - USDA Guidelines - Food Choices 	2-3 weeks	3.2 Investigate nutrition and wellness practices	Examine the basic principles of nutrition. Apply nutritional knowledge to healthy meal planning	-Animal vs. Plant Protein Lab-Analysis Poster - Healthy Fats Vs. Unhealthy Fats Blog Post -Carbs Lab -Calories Quiz/Calculate your daily recommendations for calories	
Baking Principles <ul style="list-style-type: none"> - Leavening Agents - Comparisons of Breads - Deserts 	1-2 Weeks	3.3 Apply practices in food science	Conduct basic Food Science experiments	-Quick Bread Lab -Yeast Experiment -Baking Soda/ Powder Lab	Inquiry/Analysis
Careers	1 week	4.1 Explore Careers in food production, culinary arts and hospitality	Conduct career research in the Foods industry and locate salary, training, and job demand information	-Career Investigation Poster and Presentation	Career-Awareness Self-Awareness