



West Windsor-Plainsboro Regional School District
6th Grade Family and Consumer Science

Unit 1: Nutrition and Food Science	
Content Area: Family and Consumer Science	
Course & Grade Level: 6th Grade Cycle	
Summary and Rationale	
The focus on nutrition to help students understand the importance of balanced diets, the role of nutrients in the body, and the impact of food choices on their overall well-being. It empowers students to make informed decisions regarding their diet and encourages them to adopt healthy eating habits.	
Recommended Pacing	
15 days	
National Standards for Family and Consumer Science Education	
Standard: Consumer and Family Resources	
2.1.3	Analyze decisions about providing safe and nutritious food for individuals and families.
Standard: Food Science, Dietetics, and Nutrition	
9.3.2	Analyze nutritional data.
9.3.6	Critique the selection of foods to promote a healthy lifestyle.
9.4.1	Analyze nutritional needs of individuals.
Standard: Nutrition and Wellness	
14.2.1	Evaluate the effect of nutrition on health, wellness and performance.
14.2.4	Analyze sources of food and nutrition information, including food labels, related to health and wellness.
14.5.4	Analyze the effects of food science and technology on meeting nutritional needs.
New Jersey Student Learning Standards for English Language Arts Companion Standards	
Standard: Comprehension and Collaboration	
NJSLSA.SL1.	Prepare for and participate effectively in a range of conversations and collaborations with diverse partners, building on others' ideas and expressing their own clearly and persuasively.
NJSLSA.W7.	Conduct short as well as more sustained research projects, utilizing an inquiry-based research process, based on focused questions, demonstrating understanding of the subject under investigation
Standard:	
RI.6.4.	Determine the meaning of words and phrases as they are used in a text, including figurative, connotative, and technical meanings.
RI.6.7.	Integrate information presented in different media or formats (e.g., visually, quantitatively) as well as in words to develop a coherent understanding of a topic or issue.
New Jersey Student Learning Standards for Career Readiness, Life Literacies and Key Skills	
9.4.12.CI.1	Demonstrate the ability to reflect, analyze, and use creative skills and ideas (e.g., 1.1.12prof.CR3a).
9.4.8.CI.3	Examine challenges that may exist in the adoption of new ideas (e.g., 2.1.8.SSH, 6.1.8.CivicsPD.2).
New Jersey Student Learning Standards for Computer Science and Design Thinking	
8.2.5.ED.3	Follow step by step directions to assemble a product or solve a problem, using appropriate tools to accomplish the task.
8.2.5.ITH.2	Evaluate how well a new tool has met its intended purpose and identify any shortcomings it might have.
Interdisciplinary Standards	
2.2.8.N.1	Analyze how culture, health status, age and access to healthy foods can influence personal eating habits.

2.2.8.N.2	Identify skills and healthy behaviors that can support adolescents in losing, gaining, or maintaining healthy weights.
2.2.8.N.4	Assess personal nutritional health and consider opportunities to improve health and performance (e.g., sports drinks, supplements, balance nutrition)
RST.6-8.9	Compare and contrast the information gained from experiments, simulations, video, or multimedia sources with that gained from reading a text on the same topic. (MS-PS4-3)
SL.8.5	Integrate multimedia and visual displays into presentations to clarify information, strengthen claims and evidence, and add interest. (MS-PS3-2)
Instructional Focus	
Unit Enduring Understandings	
<ul style="list-style-type: none"> ● Food choices have a significant impact on our health and wellbeing. ● Nutritional needs and food choices are affected by a variety of factors, including age, culture, activity level, the media, other people, feelings, etc. ● All foods contain nutrients. The nutrient composition of foods can vary greatly. 	
Unit Essential Questions	
<ul style="list-style-type: none"> ● How do our food choices impact our overall health and wellbeing? ● What factors impact nutritional needs? What factors impact food choices? ● What are the essential nutrients and how do they impact our health and wellbeing? 	
Objectives:	
<ul style="list-style-type: none"> ● Identify and define key nutrients essential for growth, development, and overall health. ● Analyze and interpret food labels to understand the nutritional information, portion sizes, and ingredient lists of packaged foods. ● Evaluate the impact of different nutrients on the body and recognize the importance of a balanced diet for optimal health. ● Demonstrate the ability to read and understand food labels, including identifying hidden sugars, unhealthy fats, and other potential additives. ● Analyze and discuss the effects of unhealthy eating habits and the benefits of making healthier food choices. ● Collaborate in group activities to prepare nutritious meals or snacks that meet specific dietary requirements. 	
We are learning to/that:	
<ul style="list-style-type: none"> ● We are learning to identify and define key nutrients essential for growth, development, and overall health. ● We are learning to analyze and interpret food labels to understand the nutritional information, portion sizes, and ingredient lists of packaged foods. ● We are learning to evaluate the impact of different nutrients on the body and recognize the importance of a balanced diet for optimal health. ● We are learning to demonstrate the ability to read and understand food labels, including identifying hidden sugars, unhealthy fats, and other potential additives. ● We are learning to analyze and discuss the effects of unhealthy eating habits and the benefits of making healthier food choices. ● We are learning to collaborate in group activities to prepare nutritious meals or snacks that meet specific dietary requirements. 	
Evidence of Learning	
<input type="checkbox"/> Formative Assessment	
<input type="checkbox"/> Summative Assessment	
<input type="checkbox"/> Alternative Assessment	
<input type="checkbox"/> Benchmark	
Assessments:	

The evaluation plan for the Family & Consumer Science department centers around a variety of evaluations that emphasize preparing students with crucial skills and knowledge necessary for their careers and daily lives. These evaluations are meticulously designed to assess students' competence in key areas such as family management, consumer education, nutrition and health, as well as life skills and personal development. The evaluation plan includes various kinds of evaluations, including formative and summative assessments, self-evaluations, and tasks in line with the primary competencies of family and consumer science. During each routine, formative, and summative evaluation, educators will supply alternative evaluation opportunities that adhere to 504 and IEP stipulations. These alternative evaluations are personalized to meet the needs of all students. Student accommodations can be found [here](#).

Resources

<https://www.familyconsumersciences.com/>

<https://ed.ted.com/>

<https://www.youtube.com/>

Unit 2: Introduction to the Kitchen	
Content Area: Family and Consumer Science	
Course & Grade Level: 6th Grade	
Summary and Rationale	
Summary:	
<p>This unit is designed to introduce students to essential skills and knowledge in the culinary arts. Throughout the unit, students will learn about the importance of maintaining a safe and sanitary kitchen environment, develop proficiency in using measuring tools, become familiar with various kitchen tools and appliances, and gain foundational skills in food preparation. At the 6th-grade level, students are ready to start acquiring practical life skills, including basic cooking techniques and meal preparation. By introducing culinary arts, the course equips students with essential skills they can utilize throughout their lives, fostering self-sufficiency and promoting a healthy relationship with food.</p> <p>Culinary arts inherently involve collaboration and effective communication. This course provides opportunities for students to work in teams, share responsibilities, and collectively complete cooking projects. They will learn to communicate and express ideas, listen to others, and resolve conflicts, fostering essential social skills.</p>	
Recommended Pacing	
20 days	
National Standards for Family and Consumer Science Education	
Standard: Consumer and Family Resources	
2.1.1	Apply time management, organizational, and process skills to prioritize tasks and achieve goals.
Standard: Food Production and Services	
8.1.1	Explain the roles, duties, and functions of individuals engaged in food production and services careers.
8.2.7	Demonstrate safe food handling and preparation techniques that prevent cross contamination from potentially hazardous foods and food groups.
8.3.1	Operate tools and equipment following safety procedures and OSHA requirements.
8.3.2	Maintain tools and equipment following safety procedures and OSHA requirements.
8.5.2	Demonstrate professional skill for a variety of cooking methods including roasting, broiling, smoking, grilling, sautéing, pan frying, deep frying, braising, stewing, poaching, steaming, and baking using professional equipment and current technologies.
8.5.8	Prepare various salads, dressings, marinades, and spices using safe handling and professional preparation techniques.
Standard: Interpersonal Relationships	
13.3.2	Demonstrate verbal and nonverbal behaviors and attitudes that contribute to effective communication.
13.3.3	Demonstrate effective listening and feedback techniques.
13.5.1	Create an environment that encourages and respects the ideas, perspectives, and contributions of all group members.
13.5.2	Demonstrate strategies to motivate, encourage, and build trust in group members.
13.5.5	Demonstrate ways to organize and delegate responsibilities.
Standard: Nutrition and Wellness	
14.4.2	Analyze safety and sanitation practices.
New Jersey Student Learning Standards for English Language Arts Companion Standards	

Standard:	
NJSLSA.SL1.	Prepare for and participate effectively in a range of conversations and collaborations with diverse partners, building on others' ideas and expressing their own clearly and persuasively.
NJSLSA.W7.	Conduct short as well as more sustained research projects, utilizing an inquiry-based research process, based on focused questions, demonstrating understanding of the subject under investigation
RI.6.4.	Determine the meaning of words and phrases as they are used in a text, including figurative, connotative, and technical meanings.
RI.6.7.	Integrate information presented in different media or formats (e.g., visually, quantitatively) as well as in words to develop a coherent understanding of a topic or issue.
New Jersey Student Learning Standards for Career Readiness, Life Literacies and Key Skills	
CPI #	Cumulative Progress Indicator (CPI)
9.4.12.CI.1	Demonstrate the ability to reflect, analyze, and use creative skills and ideas (e.g., 1.1.12prof.CR3a).
9.2.8.CAP.1	Identify offerings such as high school and county career and technical school courses, apprenticeships, military programs, and dual enrollment courses that support career or occupational areas of interest.
9.4.8.CI.3	Examine challenges that may exist in the adoption of new ideas (e.g., 2.1.8.SSH, 6.1.8.CivicsPD.2).
New Jersey Student Learning Standards for Computer Science and Design Thinking	
CPI #	Cumulative Progress Indicator (CPI)
8.2.5.ED.3	Follow step by step directions to assemble a product or solve a problem, using appropriate tools to accomplish the task.
8.2.5.ITH.2	Evaluate how well a new tool has met its intended purpose and identify any shortcomings it might have.
Interdisciplinary Standards (fill-in Science, or SS, or Math, etc..)	
RST.6-8.3	Follow precisely a multistep procedure when carrying out experiments, taking measurements, or performing technical tasks. (MS-PS1-6)
RST.6-8.9	Compare and contrast the information gained from experiments, simulations, video, or multimedia sources with that gained from reading a text on the same topic. (MS-PS4-3)
06.RP.03.D	Use ratio reasoning to convert measurement units; manipulate and transform units appropriately when multiplying or dividing quantities.
Instructional Focus	
Unit Enduring Understandings	
<ul style="list-style-type: none"> ● Kitchen safety and sanitation practices are essential to prevent accidents, injuries, and the spread of germs and bacteria. ● Understanding how to properly use and handle measuring tools ensures accurate ingredient measurements and recipe outcomes. ● Familiarity with basic kitchen tools and appliances enables efficient and safe food preparation. ● Following recipes and using proper techniques contributes to consistent and successful culinary outcomes. ● Time management and organization skills in the kitchen ensure smooth workflow and efficient food preparation. ● Proper cleaning and maintenance of kitchen tools and appliances promote hygiene, longevity, and optimal performance. ● Effective communication and teamwork are important when collaborating in a kitchen setting. 	
Unit Essential Questions	
<ul style="list-style-type: none"> ● What are the essential practices and principles of food safety and proper handling in the culinary arts? ● How do you properly use and handle measuring tools in food preparation? ● How do you safely and efficiently use basic kitchen tools and appliances? 	

- What is the structure of a recipe? How can you ensure consistent and successful culinary outcomes?
- What skills ensure smooth workflow and efficient food preparation?
- Why is it important to maintain clean tools and workspaces in the kitchen?
- Why is it important to work collaboratively in a classroom kitchen setting?

Objectives

- Demonstrate knowledge of kitchen safety guidelines, including proper handling of sharp objects, hot surfaces, and potential hazards, to ensure a safe cooking environment.
- Utilize measuring tools accurately and consistently to measure ingredients and follow recipes with precision.
- Identify and effectively use basic kitchen tools and appliances, such as graters, blenders, electric skillets, woks, etc.
- Follow recipes and instructions to replicate desired culinary outcomes and develop an understanding of the importance of recipe adherence.
- Manage time effectively and practice organizational skills to streamline kitchen workflow and ensure efficient food preparation.
- Demonstrate proper cleaning and maintenance techniques for kitchen tools and appliances to promote hygiene.
- Collaborate and communicate effectively with peers in a kitchen setting, demonstrating teamwork and cooperation during food preparation activities.

We are learning to/that:

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Evidence of Learning

Formative Assessment

Summative Assessment

Alternative Assessment

Benchmark

Assessments:

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