



Topics

Safety & Sanitation

Reading a Recipe

Measurements

Cooking Terms

Kitchen Equipment

Microwave

Nutrition

Fruit

Vegetable

Protein

Dairy

Grains

Bread

Make a Mix

Breakfast

Student Demonstrations

Cook Books

Snack & Beverages

CTE Courses do not discriminate on race, color, national origin, gender or disabilities.

Contact Ms. Bobbie Newbury at
bnewbury@alpine.k12.ut.us

Phone Number: 801-763-7010

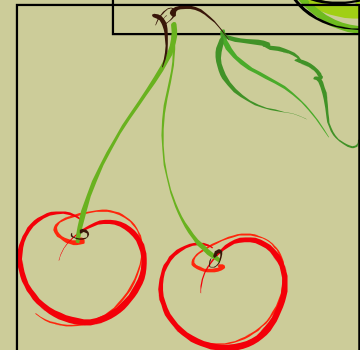
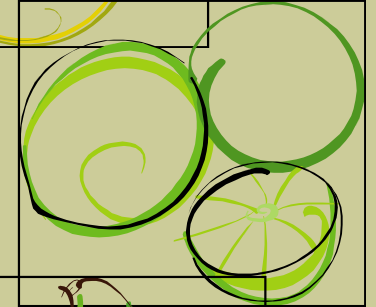
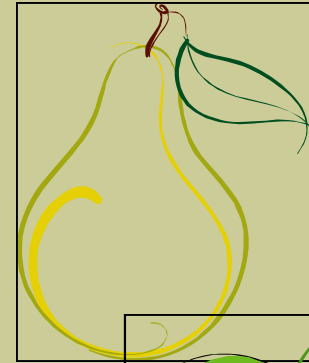


No cell phone policy enforced

FACS

Exploration Foods

8th Grade



FACS

Exploration Foods

Grade 8

Students will accomplish these goals throughout the year:

Learn equivalents and measure ingredients properly

Learn and practice Kitchen Safety Tips

Understand proper cooking terms (Sauté, simmer, fold, pare, chop, cut in, etc.)

Identify parts of MyPyramid and daily recommended servings



Recipes Cooked

Vegetable Dip
Chocolate Chip Cookies
Mystery Lab
Cinnamon Biscuits
Homemade Mac & Cheese
Mini Cheesecake
Ham & Cheese Pockets
Low Fat Strawberry Shake
Indoor S'mores
Lemon Poppy Seed Muffins
Pretzels & Smoothies
Apple Crisp
Asian Beef and Noodles
Easy Danish
Easy Chicken Taquitos



Safely operate kitchen equipment and appliances.

Follow a recipe and make a quality food product.

Students will learn how to prepare simple, nutritious and inexpensive meals for their families.

