

FCS COURSE STARTER KIT

Nutrition Science & Food Studies

Grades 8–12

Turnkey Course Introduction

- Course Syllabus Template & Semester Pacing Guide
 - 10 Introductory Lesson Plans
 - Kitchen Safety Poster & Knife Skills Guide
- Grocery Budgeting Activity & Meal Planning Template
- Consumer Decision-Making Lesson & Parent Welcome Letter

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COURSE SYLLABUS TEMPLATE

Course Title:	Nutrition Science & Food Studies	Grade Level:	8–12
Instructor:	[Teacher Name]	Room:	[Room Number]
Email:	[Teacher Email]	Office Hours:	[Days & Times]

Course Description

This course provides a comprehensive introduction to Nutrition Science and Food Studies within the field of Family and Consumer Sciences (FCS). Students will explore essential life skills including culinary techniques, kitchen safety, meal planning, grocery budgeting, and consumer decision-making. Through hands-on labs and project-based learning, students will develop the critical thinking skills necessary to make informed, healthy, and economical choices regarding food and nutrition.

Course Objectives

- Demonstrate safe and sanitary practices in food handling and kitchen navigation.
- Apply fundamental cooking techniques and proper knife skills.
- Analyze nutritional requirements using dietary guidelines (MyPlate).
- Design balanced meal plans that accommodate various dietary needs and preferences.
- Calculate grocery budgets and evaluate unit pricing to maximize value.
- Critique food marketing strategies and make informed consumer decisions.

Grading Policy

Category	Weight	Description
Lab Participation & Safety	30%	Hands-on cooking labs, safety compliance, teamwork
Projects & Presentations	25%	Meal planning, budgeting, consumer research projects
Assessments	20%	Quizzes, unit tests, practical skills exams
Classwork & Homework	15%	Worksheets, reading assignments, recipe analysis
Professionalism	10%	Punctuality, preparedness, kitchen clean-up duties

Classroom Expectations

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- **Safety First:** Follow all kitchen safety guidelines; horseplay is strictly prohibited.
 - **Respect:** Treat instructor, peers, and equipment with respect.
 - **Preparedness:** Bring required materials; tie back hair; wear closed-toe shoes on lab days.
 - **Cleanliness:** Maintain a sanitary workspace; complete assigned clean-up duties thoroughly.
 - **Integrity:** Submit original work; give credit to recipe sources.

Late Work & Absences: Late assignments will receive a 10% deduction per day, up to a maximum of 3 days. Students absent on lab days must complete an alternative written assignment to earn participation credit. It is the student's responsibility to request missed work.

SEMESTER PACING GUIDE

This 18-week pacing guide provides a flexible framework for the semester. Timelines can be adjusted based on student needs, school calendar events, and lab availability.

Quarter 1: Foundations & Kitchen Basics

Week	Unit / Topic	Key Activities & Assessments
1	Intro to FCS & Kitchen Basics	Course syllabus, kitchen zones mapping, hygiene protocol
2	Kitchen Safety Fundamentals	Safety poster project, hazard identification quiz
3	Knife Skills & Kitchen Tools	Knife skills practical exam, equipment matching activity
4	Reading Recipes & Measurement	Recipe math worksheet, liquid/dry measurement labs
5	Cooking Methods & Techniques	Sautéing, baking, boiling demonstrations; technique quiz
6	Nutrition Basics & MyPlate	MyPlate analysis, macro/micronutrient identification
7	Nutrition Labeling & Dietary Needs	Label reading lab, dietary restriction case studies
8	Meal Planning Principles	Meal planning template introduction, balanced plate design
9	Review & Midterm Exam	Midterm exam (Safety, Tools, Nutrition, Meal Planning)

Quarter 2: Budgeting, Consumerism & Application

Week	Unit / Topic	Key Activities & Assessments
10	Grocery Store Navigation	Store layout mapping, fresh vs. frozen vs. canned comparison
11	Grocery Budgeting	Budget calculation activity, cost-per-serving analysis
12	Smart Shopping & Unit Pricing	Unit pricing worksheet, couponing strategies discussion
13	Consumer Decision-Making	Marketing tactics analysis, brand vs. generic blind taste test
14	Food Marketing & Label Claims	Evaluating health claims project, advertising critique
15	Food Culture & Global Cuisine	Cultural food research project, recipe adaptation
16	Capstone Project Intro	Capstone guidelines, budget approval, grocery list creation
17	Capstone Presentations	Student meal prep demonstrations and budget presentations
18	Final Exam & Course Reflection	Final exam, course feedback, kitchen deep clean

LESSON 1: INTRODUCTION TO FCS & KITCHEN BASICS

Grade Level: 8–12 | Duration: 50 minutes | FCS: Nutrition Science & Food Studies

Objectives	• Define Family and Consumer Sciences (FCS) and explain its relevance to daily life. • Identify the three main zones of a kitchen (Preparation, Cooking, Washing). • Demonstrate the proper steps for personal hygiene before entering a kitchen.
Materials	• Course Syllabus Handout • Projector/Whiteboard • "Kitchen Zones" Mapping Worksheet • Sticky notes (different colors)
Standards	• FCS 8.1.1: Analyze career paths within early childhood, education, and services. • FCS 9.1.1: Analyze career paths within food science, dietetics, and nutrition.

Lesson Procedure

Time	Activity	Details
5 min	Welcome & Syllabus	Distribute the course syllabus. Briefly highlight grading policy, lab expectations, and the course scope. Answer initial student questions.
15 min	What is FCS?	Facilitate a class discussion: "What does Family and Consumer Sciences mean to you?" Explain how FCS empowers individuals to manage resources, make informed decisions, and improve quality of life. Use real-world examples (budgeting, nutrition, meal prep).
15 min	Kitchen Zones Activity	Introduce the three primary kitchen zones: Preparation (counters, cutting boards), Cooking (stove, oven, microwave), and Washing (sink, dishwasher). Students complete the "Kitchen Zones" Mapping Worksheet by categorizing tools and appliances into the correct zones.
10 min	Hygiene & Safety Intro	Discuss the critical importance of kitchen hygiene. Cover hair restraints, handwashing (20-second rule), apron usage, and closed-toe shoe requirements. Demonstrate the proper handwashing technique.
5 min	Closure & Exit Ticket	Students write one thing they learned about FCS and one kitchen zone on a sticky note, placing it on the board as they exit.

Assessment: Exit Ticket: Students must correctly identify the three kitchen zones and state one personal hygiene rule required before entering the lab.

Differentiation Tip: For advanced students, ask them to design an ideal kitchen layout on the back of their worksheet, ensuring an efficient workflow between the three zones. For struggling students, provide a pre-labeled kitchen map where they only match the appliances to the zones.

KNIFE SKILLS REFERENCE GUIDE

The Anatomy of a Chef's Knife

Part	Location	Function
Blade	The metal cutting surface	Slices, dices, and chops food.
Edge	The sharpened bottom of the blade	Makes contact with the food; must be kept sharp.
Heel	The widest part of the blade near the handle	Used for cutting tough, hard foods (e.g., carrots).
Bolster	The thick metal junction between blade and handle	Provides balance and prevents the hand from slipping onto the blade.
Tang	The extension of the metal through the handle	Adds weight and balance; full tangs are strongest.
Handle	The part you grip	Should fit comfortably in the hand.

Essential Grips

Grip	How to Execute	Why It Matters
Pinch Grip (Dominant Hand)	Thumb and index finger pinch the bolster/heel of the blade; remaining fingers wrap around the handle.	Provides maximum control and prevents the blade from wobbling.
Claw Grip (Non-Dominant Hand)	Fingertips are curled under like a bear claw; knuckles rest against the side of the blade to guide it.	Protects fingertips from the blade and acts as a guide for even cuts.

Common Cutting Techniques

Cut	Shape	Example Use
Slice	Thin, flat, even pieces	Sandwiches, veggie platters
Dice (Small, Medium, Large)	Uniform square cubes	Soups, salsas, roasts
Mince	Very finely chopped, almost paste-like	Garlic, herbs, onions for sauce
Chop	Rough, irregular pieces (size doesn't need to be exact)	Stews, stocks, roasted vegetables
Julienne	Matchstick-sized thin strips (1/8" x 1/8" x 2")	Salads, stir-fries, garnishes

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