

# Food, Nutrition & Wellness Mrs. Beaumont

## Curriculum Map

### **July 31st-Oct 6<sup>th</sup>, 2017**

Wellness, Food Choices, Kitchen Safety and Intro to FCCLA

(Chapters 1-9)

FNW-2, FNW-3, FNW-4, FNW-5, FNW-7

### **Oct. 10<sup>th</sup>-Dec. 19<sup>th</sup>, 2017**

Nutrition related to sports, the life cycle, vegetarians, special health issues and menu planning.

Chapters (10-18)

FNW-3, FNW-5, FNW-6, FNW-8, FNW-9, FNW-10

### **Jan. 4<sup>th</sup>-Mar. 9<sup>th</sup>, 2018**

Kitchen Equipment and Organization, Cooking Basics, Etiquette and Meal Service and MyPyramid

Chapters (19-27)

FNW-4, FNW-9, FNW-10, FNW-11, FNW 7

### **Mar. 12<sup>th</sup>-May 25<sup>th</sup>, 2018**

MyPyramid, Combination Foods, Global Cuisine and Careers in Food Service

(Chapters 28-34)

FNW-1, FNW-4, FNW-11