



Stevens Point Christian Academy High School Family/Consumer Academic Standards/Sciences Scope & Sequence

Code: I= Introduced R= Reinforced M= Mastered

Key Scriptures: 1 Corinthians 10:31 "So whether you eat or drink or whatever you do, do it all for the glory of God."

Skills and Concepts	7-12
Curriculum (A=Abeka, BJ=Bob Jones)	A
Kitchen and Food Safety: Eating Habits and Influences	I
Kitchen and Food Safety: Kitchen Safety	I
Kitchen and Food Safety: Food Safety: Food Bourne Illness	I
Kitchen and Food Safety: Food Safety: Preventing Contamination: Personal Sanitation, Kitchen Sanitation, Safe Temperatures and Practices	I
Kitchen and Food Safety: Food Safety: Proper Food Storage	I
Kitchen and Food Safety: Food Safety: Dishwashing	I
Basic Techniques and Equipment: Maintaining the Kitchen and Major Appliances: Refrigerator/Freezer, Stove Top and Oven, Microwave, Garbage Disposal, Dishwasher, Cupboards and Drawers	I
Basic Techniques and Equipment: Use and Care of Small Kitchen Appliances: Mixer, Toaster, Blender, Electric Can Opener	I
Basic Techniques and Equipment: Microwave Cooking: Understanding Microwaves, Microwave Cooking Techniques, Microwave Safety	I
Basic Techniques and Equipment: Basic Kitchen Techniques: Stove and Oven Use	I
Basic Techniques and Equipment: Measuring Basics	I
Basic Techniques and Equipment: Cooking Terms	I
Basic Techniques and Equipment: Kitchen Equipment: Cookware, Bakeware, Kitchen Tools, Cutlery	I
Basic Techniques and Equipment: Basic Knife Skills and Knife Safety	I
Basic Techniques and Equipment: Using a Recipe	I
Basic Techniques and Equipment: Common Measures, Abbreviations, Emergency Substitutions, and Equivalent Quantities for Cooking	I
Nutrition: Key Nutrients: Carbohydrates: Simple and Complex	I
Nutrition: Key Nutrients: Fats: Saturated Fat, Unsaturated Fat, Cholesterol	I
Nutrition: Key Nutrients: Proteins: Complete and Incomplete Proteins	I
Nutrition: Key Nutrients: Vitamins and Minerals	I
Nutrition: Plans for Good Nutrition: Dietary Guidelines	I
Nutrition: Plans for Good Nutrition: Using Food Labels	I
Nutrition: Plans for Good Nutrition: My Plate and Basic Food Groups	I
Nutrition: Plans for Good Nutrition: Healthy Weight Management	I
Nutrition: Plans for Good Nutrition: Sports Nutrition	I



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Consumer Education: Purchasing Groceries	I
Consumer Education: Meal Management: Planning Ahead and Budgeting	I
Consumer Education: Meal Management: Adding Appeal to Meals	I
Milk and Beverages: Milk and Milk Products: Types of Milk, Types of Cream, Cooking with Milk	I
Milk and Beverages: Beverages: Coffee, Tea, Punch	I
Milk and Beverages: Making Coffee, Making Tea, Making Molded Ice	I
Eggs: Nutritional Value	I
Eggs: Parts and Characteristics of High Quality Eggs	I
Eggs: Purchasing, Storing, and Handling Eggs	I
Eggs: Breaking and Separating Eggs	I
Eggs: Egg Cookery Methods: Baked Eggs, Fried Eggs, Poached Eggs, Omelet, Scrambled Eggs	I
Eggs: Using Eggs in Recipes	I
Eggs: Egg Substitutes	I
Grains, Breads, and Food Preservation: Grains: Types of Grain	I
Grains, Breads, and Food Preservation: Grains: Preparation and Storage of Grain Products	I
Grains, Breads, and Food Preservation: Quick Breads: Techniques for Preparing Quick Breads	I
Grains, Breads, and Food Preservation: Quick Breads: Types of Quick Breads	I
Grains, Breads, and Food Preservation: Yeast Breads: Techniques for Preparing Yeast Breads	I
Grains, Breads, and Food Preservation: Food Preservation and Jelly Making: Comparing Freezing and Canning	I
Grains, Breads, and Food Preservation: Food Preservation and Jelly Making: Canning Methods	I
Grains, Breads, and Food Preservation: Food Preservation and Jelly Making: Variety of Canned Foods: Jelly, Jam, conserves, Marmalade, Preserves, and Fruit Butters	I
Table Setting, Meal Service, and Etiquette: Dinnerware and Place Settings	I
Table Setting, Meal Service, and Etiquette: Setting the Table	I
Table Setting, Meal Service, and Etiquette: Entering and Seating in the Dining Room	I
Table Setting, Meal Service, and Etiquette: Types of Meal Service	I
Table Setting, Meal Service, and Etiquette: Serving and Clearing the Table	I
Table Setting, Meal Service, and Etiquette: Plate Presentation	I
Successful Entertaining: Table Etiquette	I



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Curriculum (A=Abeka, BJ=Bob Jones)	A
Successful Entertaining: Table Manners	I
Successful Entertaining: Elements of Party Planning: Invitations, Food, Introductions	I
Adding Flavor: Herbs, Spices, and Seasonings	I
Adding Flavor: Marinades	I
Adding Flavor: Legumes	I
Adding Flavor: Pasta	I
Adding Flavor: Fats, Oils, and Frying	I
Adding Flavor: Sauces and Gravies	I
Produce: Vegetables: Classification and Selection	I
Produce: Cooking Vegetables	I
Produce: Comparing Vegetable (Fresh, Frozen, and Canned)	I
Produce: Vegetable Garnishes	I
Produce: Fruits: Selection and Forms	I
Produce: Fruits: Cooking with Fruit	I
Produce: Salads and Salad Dressing	I
Lunch Time Favorites: Soups and Stews	I
Lunch Time Favorites: Casseroles	I
Lunch Time Favorites: Cheese: Types and Cooking Techniques	I
Lunch Time Favorites: Sandwiches	I
Meat, Poultry, and Fish: Meat: Nutritional Value, Quality, and Types	I
Meat, Poultry, and Fish: Meat: Cuts of Meat and Purchasing Meat	I
Meat, Poultry, and Fish: Meat: Storing Meat	I
Meat, Poultry, and Fish: Meat: Handling and Cooking Meat	I
Meat, Poultry, and Fish: Meat: Grilling Meat	I
Meat, Poultry, and Fish: Poultry: Nutritional Value, Quality, and Cuts	I
Meat, Poultry, and Fish: Poultry: Handling and Cooking Poultry	I
Meat, Poultry, and Fish: Fish and Shellfish: Nutritional Value and Types	I
Meat, Poultry, and Fish: Fish: Cooking Fish	I
Appetizers and Desserts: Appetizers: Varieties of Appetizers and Entertaining with Appetizers	I



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Appetizers and Desserts: Desserts: Custards and Puddings	I
Appetizers and Desserts: Desserts: Cookies	I
Appetizers and Desserts: Desserts: Cakes and Frosting: Butter Cakes and Foam Cakes	I
Appetizers and Desserts: Desserts: Pies and Pastries	I
Appetizers and Desserts: Desserts: Candy	I
Practical: Soups	I
Practical: Bread	I
Practical: Cookies	I
Practical: Cake	I
Practical: Pasta	I
Practical: Breakfast	I
Practical: Coffee and Tea	I
Practical: Pizza	I
Practical: Salads	I
Practical: Appetizers	I
Practical: Grilling	I
Practical: Budgeting and Grocery Shopping	I
Practical: Party Planning	I