

COURSE FOD2060: MILK PRODUCTS & EGGS

Level: Intermediate

Theme: Preparation and Presentation

Prerequisite: FOD1010 Food Basics

Description: Students develop skills with milk products and eggs, and compare the various products available, what they contribute to cooked foods and how they are best used.

Parameters: Personal or commercial food preparation facility.

Curriculum and Assessment Standards

General Outcomes	Assessment Criteria and Conditions	Suggested Emphasis
<p><i>The student will:</i></p> <ul style="list-style-type: none"> • identify and compare various milk products and eggs, considering nutritive value, processing and handling • describe the role of eggs in various cooking applications 	<p><i>Assessment of student achievement should be based on:</i></p> <ul style="list-style-type: none"> • concept test consisting of questions on: <ul style="list-style-type: none"> – various forms of milk products and eggs, and their differences – nutritional value of milk products and eggs – processing methods for milk and egg products – care, handling and storage of milk products and eggs – specific food safety concerns with milk products and eggs – rationale for, methods and effect of cooking on milk and eggs – functions of eggs in cooking. <p><i>Assessment Tool</i> Food for Today <i>Testing Program (Teacher Resource Binder or Testmaker)</i> Professional Cooking <i>Instructor’s Manual</i> Food Production Principles <i>Instructor’s Guide</i></p> <p><i>Standard</i> Correctly answer a minimum of 50% of questions</p>	<p>20</p>
<ul style="list-style-type: none"> • demonstrate the principles of milk cookery and egg cookery in the preparation and evaluation of a variety of products 	<ul style="list-style-type: none"> • practical lab experiences in which the student will produce a minimum of five of the following products, each of which meets or exceeds the standard indicated: <ul style="list-style-type: none"> – cooked milk product; e.g., milk sauce, cream soup or pudding – cooked cheese dish; e.g., cheesecake, macaroni and cheese 	<p>60</p>

COURSE FOD2060: MILK PRODUCTS & EGGS (continued)

General Outcomes	Assessment Criteria and Conditions	Suggested Emphasis
<p><i>The student will:</i></p> <ul style="list-style-type: none"> • describe the personal or career relevance of the competencies developed within the course • demonstrate basic competencies. 	<p><i>Assessment of student achievement should be based on:</i></p> <ul style="list-style-type: none"> – egg dishes that demonstrate different functions of eggs: <ul style="list-style-type: none"> • thickening; e.g., quiche, custard sauce, puddings • leavening; e.g., soufflé, puffy omelette, sponge cake, meringue, Pavlova • emulsifying; e.g., hollandaise sauce, mayonnaise, tartar sauce • coat or glaze; e.g., breads, cookies • binding; e.g., chicken fingers, hamburgers, meatloaf – cooked egg, using moist or dry heat; e.g., hard-cooked, microwaved and poached eggs, basic omelette or frittata. <p><i>Assessment Tool</i> <i>Lab Assessment: Intermediate Level, FODLAB–2</i> <i>Product Standard Scorecard: Milk Products & Eggs, FOD2060–1</i></p> <p><i>Standard</i> <i>Achieve a minimum performance rating of 2 in applicable areas of assessment</i></p> <ul style="list-style-type: none"> • analysis: For at least one of these milk products and one of these egg products, the student will complete an analysis of the product. <p><i>Assessment Tool</i> <i>Product Analysis, FODPAN</i></p> <p><i>Standard</i> <i>All sections have been completed accurately</i></p> <ul style="list-style-type: none"> • course reflection in which the student will complete one of the following: <ul style="list-style-type: none"> – <i>Reflection Log: Intermediate Level, FODREF–2</i> – <i>Field Trip Assessment, FODFTA</i> – <i>Article or Audio-visual Review, FODAVR</i> – <i>Career Research: Intermediate Level, FODCAR–2.</i> <p><i>Standard</i> <i>All sections have been completed accurately</i></p> <ul style="list-style-type: none"> • observations of individual effort and interpersonal interaction during the learning process. <p><i>Assessment Tool</i> <i>Basic Competencies Reference Guide and any assessment tools noted above</i></p>	<p></p> <p>10</p> <p>10</p> <p>Integrated throughout</p>

COURSE FOD2060: MILK PRODUCTS & EGGS (continued)

Concept	Specific Outcomes	Notes
Nutrition	<p><i>The student will:</i></p> <ul style="list-style-type: none"> • identify the nutritional importance of milk and milk products, including: <ul style="list-style-type: none"> – significant nutrients including calcium, complete protein and vitamins A and D – role of calcium from milk in regulating blood pressure, weight and maintaining integrity of bone mass – role of cheese in decreasing dental caries – problems with lactose intolerance • describe the availability of a wide range of milk and egg products with varying nutrients <ul style="list-style-type: none"> – milk: calcium-enriched, acidophilus, lactose-reduced – milk products: fat-reduced, yogurt with bifidus – eggs: omega-3, free-run/free range, organic, brown, liquid (processed) • describe the composition and nutritional importance of eggs, including: <ul style="list-style-type: none"> – eggs as a source of complete protein, many vitamins (including vitamin D) and minerals – eggs as a low-calorie, low-fat food • role of protein in building and repairing muscle and tissue. 	<p>Osteoporosis. Obesity. High blood pressure.</p> <p>Product development such as “cholesterol-free” eggs.</p>
Nature of Food	<ul style="list-style-type: none"> • describe the many available milk products including: <ul style="list-style-type: none"> – key steps in the production and processing of milk products – many forms of milk products • identify principles for milk cookery: <ul style="list-style-type: none"> – relating milk to principles of protein cookery – accounting for problems that may develop when milk is heated and/or exposed to chemical agents including acids, tannins and salt • describe the process for making cheese 	<p>Fortification, homogenization, pasteurization, microfiltration, UHT (ultra high temperature).</p> <p>Fluid, dried, canned, yogurts, ice cream, etc.</p>

COURSE FOD2060: MILK PRODUCTS & EGGS (continued)

Concept	Specific Outcomes	Notes
Nature of Food (continued)	<p><i>The student will:</i></p> <ul style="list-style-type: none"> • identify various types of cheese considering: <ul style="list-style-type: none"> – types classified by moisture content (soft, semi-soft, hard) – nutritional value – milk used to produce – country of origin – shape – odour – mouth feel – texture – regional and cultural significance – handling and storage of the different types • identify principles for cheese cookery: <ul style="list-style-type: none"> – relating cheese to principles of protein cookery – accounting for problems that may develop during cooking • identify principles of egg cookery: <ul style="list-style-type: none"> – relating eggs to the principles of protein cookery – addressing concerns regarding cooking temperature and prolonged cooking • identify the functions of eggs in cooking, including: <ul style="list-style-type: none"> – thickening agent – leavening agent – emulsifying agent – binding and/or coating agent. 	<p>Cheese types:</p> <ul style="list-style-type: none"> • unripened/fresh • ripened • ripened semi-soft • semi-soft cured • semi-hard • hard • grating cheeses • process cheeses. <p>Varieties of cheese:</p> <ul style="list-style-type: none"> • parmesan • gruyere • cheddar • brie • gorgonzola • cream • cottage • oka • port salut • mozzarella • ricotta • blue • camembert <p>Quiche, custard. Soufflé, angel food cake. Hollandaise sauce, mayonnaise.</p>

COURSE FOD2060: MILK PRODUCTS & EGGS (continued)

Concept	Specific Outcomes	Notes
Preparation	<p><i>The student will:</i></p> <ul style="list-style-type: none"> • apply knowledge of milk cookery in the preparation and evaluation of a variety of cooked milk dishes • apply the principles of egg cookery in the preparation of eggs and egg dishes, using dry and moist heat cooking methods • apply the principles of cheese cookery in the preparation of foods containing cheese. 	<p>Milk sauces, cream soups.</p> <p>Hard-cooked, microwaved, poached eggs.</p> <p>Basic omelette or frittata.</p>
Safety, Sanitation and Equipment	<ul style="list-style-type: none"> • demonstrate safe hygienic work habits and the correct use of tools and equipment • identify and resolve safety concerns, both food and equipment, significant to Milk Products & Eggs. 	<p>Commercial: Double boiler, grater-mechanical, steam-jacketed kettle.</p>
Presentation/Service	<ul style="list-style-type: none"> • describe the many ways in which cheese and cheese products are used in foods, snacks and menus, highlighting: <ul style="list-style-type: none"> – proper service of cheese – correct storage of cheese. 	
Consumerism	<ul style="list-style-type: none"> • identify consumer skills for purchasing and consumption of milk products and eggs including understanding of: <ul style="list-style-type: none"> – grades – appropriate handling and storage – market forms – best before date – nutrition labels. 	

COURSE FOD2060: MILK PRODUCTS & EGGS (continued)

Concept	Specific Outcomes	Notes
Career Exploration/ Portfolio	<p><i>The student will:</i></p> <ul style="list-style-type: none"> describe career options where skills developed in Milk Products & Eggs are particularly important. 	<p>What coping skills, attitudes, knowledge have developed?</p> <p>How does this relate to the student's beliefs, interests and values?</p> <p>What competencies have been developed (technical skills, knowledge, attitudes).</p> <p>How are these important now?</p> <p>How will they be important in the future?</p>