

SANDWICH MIDDLE SCHOOL
Family and Consumer Science Overview (FACS)

	Grade 6	Grade 7	Grade 8
Sanitation	Introduction to Sanitation	Review and application	Review and demonstrate skills
Food Guide Pyramid	Introduction to food groups	Analyze food labels	Apply concepts and skills for selection of healthy foods
Safety	Introduction to basic kitchen safety	Reinforce kitchen safety	Continue application of kitchen safety
Measurement	Introduction to basic kitchen measurement	Use of measurement skills	Develop skills to revise recipes
Kitchen basics Utensils and equipment	Introduction to basic utensils and equipment	Use of additional equipment	Knowledge of equipment application (glossary)
Appetizers	Nachos/quesadillas	Salsa	Bruschetta
Salads	Fruit (Taffy Apple Salad)	Coleslaw, cabbage	Potato salad, Pasta salad
Vegetables	Vegetable Dip	Corn, beans, asparagus, peas, carrots	Corn casserole, green bean casserole, baked beans
Soup	Cream soup	Chicken noodle soup	Black bean soup
Meat, protein, fish	Tuna salad, grilled cheese	Barbecue	Meat loaf
Breads	French toast, monkey bread	Pancakes, muffins	Quick bread, yeast breads
Pastry	Turnovers	Cream puffs, cobbler	Advanced cream puffs, (swans) single crust pie
Eggs, cheese	Omelet	Custard, macaroni & cheese	Breakfast casserole, pizza
Desserts	Cookies - drop, Rice Krispie treats, caramel corn	Rolled cookies, brownies, fudge	Layer cake, bar cookies, candy