

# **Fish to Food**

## Unit Outline

1. Project Team Members: Gordon Cowles, Cheryl Wielobob, Frank Bizjak
2. Title of Courses: Agriculture Education, Technology Education, Family and Consumer Sciences
3. Title of Unit or Project: From Fish to Food
4. Approximate length of Unit or Project: 3 to 4 weeks
5. Brief description of the Unit or Project with an expected final outcome.

The students will, in a cooperative learning environment, integrate the three courses into one final unit of preparing fish fillets for cooking using cutting boards made of wood. At the conclusion the students will eat the final product and also have a product for home use.

6. Major Goals of Unit:

Student will be able to:

1. Demonstrate proper and safe use of equipment
  2. Identify tree species
  3. Calculate costs and amounts of wood
  4. Construct cutting board project
  5. Finish project using food safe materials
  6. Safely handle animal products
  7. Identify fish species and products
  8. Identify biological functions and anatomy
  9. Fillet fish
  10. Prepare seafood for cooking
  11. Practice correct storing, handling, and cooking procedure
  12. Prepare fish different ways to determine proper ways of cooking
  13. Sample fish products
7. Sequence of balanced and integrated activities for students:

Students will complete the following activities:

1. Construct wooden cutting boards using proper materials.
2. Examine the internal and external parts of fish while filleting.
3. Cook fish in different methods and evaluate the results through taste testing.

8. Checklist or rubric of assessment components for students:

## Cutting Board Rubric

Demonstrate Proper Safety Techniques	10	
Select Proper Materials	5	
Calculate Amount and Costs	25	
Construction of Cutting Board	50	
Finish	10	
TOTAL	100	

## Fish Preparation Rubric

Handle food products safely	20	
Id fish spices and products	20	
Id Biological functions	10	
Fillet Fish	50	
TOTAL	100	

## Fish Preparation Rubric

Use proper sanitation and safety techniques	20	
Preparation techniques	40	
Preparation method	20	
Sampling of products	10	
Proper Clean-up	10	
TOTAL	100	

Grade according to the following scale:

A	93 – 100
B	85 – 92
C	73 – 84
D	65 – 72
F	below 65

9. Specific Standards addressed in this Unit or Project:

<u>Ref. #</u>	<u>Name of Standard</u>	<u>Title of Individual Standard</u>
1.6.8.A	PA – RWSL	Speaking and Listening
1.8.8.B	PA – RWSL	Research
2.3.8.D	PA – Math	Measurement and Estimation
2.3.8.E	PA – Math	Measurement and Estimation
3.3.7.A	PA – S & T	Biological Sciences
3.6.7.B	PA – S & T	Technology Education
3.7.7.A	PA-S & T	Technological Devices
4.4.7.A	PA- E & E	Agriculture and Society
4.8.7.D	PA – E & E	Humans and the Environment
13.1.8.E	PA – CE & W	Career Awareness and Planning
13.3.8.A	PA – CE & W	Career Retention
13.3.8.C	PA – CE & W	Career Retention
13.3.8.D	PA – CE & W	Career Retention
13.3.8.E	PA – CE & W	Career Retention
2.4 ANSI	AGED	Safety
6.4 AnSci	AGED	Industry Standards, Breed Selection
9.8 AnSci	AGED	Nutrition
13.2 AnSci	AGED	Animal Products and Processing
2.2 FS	AGED	Safety
2.4 FS	AGED	Safety
3.1 FS	AGED	Careers in Food Science
6.1 FS	AGED	Food Processing Technology
6.2 FS	AGED	Food Processing Technology
6.3 FS	AGED	Food Processing Technology
8.2 FS	AGED	Food Preparation and Presentation
8.3 FS	AGED	Food Preparation and Presentation
2.1.FOR	AGED	Safety
2.6 FOR	AGED	Safety
Scans		Reading
Scans		Listening
Scans		Arithmetic/Math
Scans		Personal Qualities