

**REDBANK VALLEY SCHOOL DISTRICT
FAMILY AND CONSUMER SCIENCE CURRICULUM MAP**

FOODS & YOU

SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	JANUARY
Your Food Choices; Food Facts & Fallacies; Nutrition	Nutrition; Planning Your Daily Food Choices; Safety & Sanitation	Food Prep Tools; Food Prep; Techniques; Eggs	The Basics of Baking; Quick Breads	Cookies; Cakes; Frostings