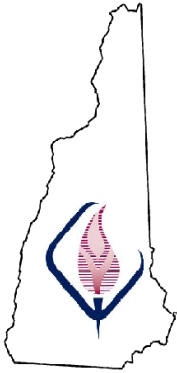


FOODS AND NUTRITION



This course is designed for students who are interested in understanding the principles of nutrition as a basic human need, and its link to current information in maintaining a healthy lifestyle, as related to individuals and families across the lifespan. Students will develop life skills needed in a wide variety of Foods and Nutrition related careers. Emphasis will be given to the economic, cultural, scientific, health and local “Farm-To-Table” connections to food, using 21st Century learning skills. Students will demonstrate various food selection, safety, sanitation, and preparation skills; terminology, principles, and techniques. Knowledge of kitchen equipment, and accurate measurement will be applied, when preparing delicious, nutritious, and aesthetically pleasing food presentations.

Competencies:

1. **Demonstrate** safe and sanitary practices using proper equipment and accurate measurements in preparation of food from farm to table.
2. **Analyze** nutritional dietary factors that influence food choices in wellness of individuals and families across the lifespan.
3. **Assess** the effects economics, science and technology have on the quality of nutrition in foods.

Pacing Guide

- **Safety and Sanitation**
- **Equipment and Measurement**
- **Wellness and Nutrition**
- **Science and Technology**
- **Food Preparation and Management**
- **Career**

SAFETY AND SANITATION:

Essential and Enduring Understandings:

- *Evaluate and apply factors and practices that impact food safety from production through consumption.*
- *Identify and apply safety hazard prevention in the kitchen, and plan safe practices.*
- *Analyze factors that contribute to foodborne illness and contamination.*
- *Evaluate factors that impact food safety from production through consumption.*

National Standards for Family and Consumer Science

8.2 Demonstrate food safety and sanitation procedures.

9.2.1 Analyze factors that contribute to foodborne illnesses

9.2.2 Analyze food service management safety and sanitation programs

9.2.5 Demonstrate practices and procedures that assure personal and workplace health and hygiene

9.2.5 Demonstrate standard procedures for receiving and storage of raw and prepared foods

14.4 Evaluate factors that affect food safety from production through consumption.

EQUIPMENT AND MEASUREMENT:

Essential and Enduring Understandings:

- *Demonstrate the use and care of equipment and tools used in food production, in a variety of settings.*
- *Utilize applied mathematics in measuring ingredients for accurate recipe production.*

National Standards for Family and Consumer Science

8.3 Demonstrate industry standards in selecting, using, and maintaining food production and food service equipment.

8.5.1 Demonstrate professional skills in safe handling of knives, tools, and equipment

8.5.3 Utilize weights and measurement tools to demonstrate knowledge of portion control and proper scaling and measurement techniques.

WELLNESS AND NUTRITION:

Essential and Enduring Understandings:

- *Analyze nutritional factors that influence wellness of individuals and families across the lifespan.*
- *Analyze sources of food and nutrition information, including food labels related to health and wellness.*
- *Assess the influence of socioeconomic and psychological, and marketing factors on food, nutrition, and behavior.*

National Standards for Family and Consumer Science

9.3.4 Assess the influence of socioeconomic and psychological factors on food and nutrition and behavior.

9.4 Apply basic concepts of nutrition and nutritional therapy in a variety of settings.

9.5 Demonstrate the use of current technology in food product development and marketing.

14.1 Analyze factors that influence nutrition and wellness practices across the lifespan.

14.2 Evaluate the nutritional needs of individuals and families in relation to health and wellness across the lifespan.

14.3 Demonstrate ability to acquire, handle, and use foods to meet nutrition and wellness needs of individuals and families across the lifespan.

SCIENCE AND TECHNOLOGY:

Essential and Enduring Understandings:

- Integrate science and technology, using 21st century learning skills, to access current information on food composition, safety, and conservation of natural resources.

National Standards for Family and Consumer Science

9.5 Demonstrate the use of current technology in food product development and marketing.

14.5 Evaluate the influence of science and technology on food composition, safety, and other issues.

FOOD PREPARATION AND MANAGEMENT:

Essential and Enduring understandings:

- Utilize professional food preparation methods, techniques, and professional terminology to produce a variety of food products that meet consumer needs.

National Standards for Family and Consumer Science

8.5 Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer needs.

CAREER:

Essential and Enduring Understandings:

- Explore knowledge, skills, and practices required for various food career paths and opportunities

National Standards for Family and Consumer Science

8.1 Analyze career paths within the food production and food services industries.

9.1 Analyze career paths within food science, food technology, dietetics, and nutrition industries.