



## MIDDLE SCHOOL CURRICULUM FOODS AND NUTRITION

**Foods and Nutrition** provides opportunities for students to understand and apply the principles of both foods and nutrition as well as food preparation techniques. Students will develop experience with hands-on activities in the foods laboratory to apply life skills needed for good health. The nutrition and wellness content offers skills through authentic planning, selecting, purchasing, preparing, serving and storing nutritious foods for individuals and families across the lifespan.

### **Competencies:**

- **Analyze and evaluate** basic nutrition, food choices, and food preparation practices that affect growth and development
- **Demonstrate** basic skills to practice safe and healthy food preparation

### **WELLNESS AND NUTRITION**

#### **Essential and Enduring Understandings:**

- **Recognize** the cultural, ethical, social, economic, and leisure influences which affect personal food choices
- **Analyze** the current USDA dietary guidelines to meet nutrition and wellness standards
- **Identify** current food, nutrition, and physical activity choices to build a healthy base for wellness

#### **National Standards for Family and Consumer Science:**

- **9.3.4 Assess** the influence of socioeconomic and psychological factors on food, nutrition and behavior
- **9.3.4 Demonstrate** the use of current technology in food product development and marketing

### **SAFETY AND SANITIZATION**

#### **Essential and Enduring Understandings:**

- **Identify** food safety and sanitation procedures when handling food
- **Apply** procedures of sanitation skills in the foods lab to prevent foodborne illness and food contamination
- **Demonstrate** safe procedures and behaviors in the foods lab

### **National Standards for Family and Consumer Science:**

- 1.2 Analyze** strategies to manage multiple roles and responsibilities (individual, family, career, community, and global)
- 8.2 Demonstrate** food safety and sanitation procedures
- 9.25 Demonstrate** practices and procedures that assure personal and workplace health and hygiene
- 9.2.1 Analyze** factors that contribute to foodborne illness

## **EQUIPMENT AND MEASUREMENT**

### **Essential and Enduring Understandings:**

- **Formulate** basic equivalent conversions
- **Demonstrate** accurate measuring techniques
- **Demonstrate** appropriate use and care practices with kitchen equipment and appliances

### **National Standards for Family and Consumer Science:**

- 8.5 Demonstrate** standards in selecting and using equipment
- 8.5.1 Demonstrate** skills in safe handling of knives, tools and equipment
- 8.5.3 Utilize** weights and measurements tools to demonstrate knowledge of portion control and proper scaling and measurements techniques

## **PREPARING AND SERVING FOOD**

### **Essential and Enduring Understandings:**

- **Demonstrate and Practice** appropriate techniques for preparing and serving food
- **Produce** a variety of food products by following recipe instructions
- **Explore** skills to stretch the food budget through preparation and purchase of food

### **National Standard for Family & Consumer Science:**

- 2.1 Demonstrate** management of individual and family resources such as food, clothing, shelter, health care, recreation, transportation time and human capital
- 2.1.3 Analyze** how individuals and families make choices satisfy needs and wants
- 2.5 Analyze** relationships between the economic system and consumer actions
- 8.3.6 Identify** a variety of types of equipment for food processing, cooking, holding, storing including hand tools and small wares