

# Nutrition and Food Preparation I

#09131

Grades 9-12

- ❖ This introductory course will prepare students to make critical decisions about food that will contribute to their health and well-being of themselves, their families and their communities. The course may include basic food selection and storage, accurate and appropriate measuring, basic cooking terms and techniques, and working safely in the kitchen. Students will learn how to read food labels and how to apply them to their eating habits and their dietary needs. Lab experiences will focus on preparing and tasting a variety of foods.

Credit:

½ or 1

Max credit = 1

# Nutrition and Food Preparation II

#09135

Grades 9-12

- ❖ This course will examine the nutritional needs of the individual, emphasizing the relationship of diet to health. Enhanced cooking terms and techniques, kitchen and meal management, time and resource management and food preparation techniques will be explored. This course may include food trends and lifestyle options such as organic foods, vegetarian diets, and convenience foods, eating out, lactose and gluten intolerance and nutrition supplements. Lab experiences will align with and enhance the course content using a variety of foods and preparation methods.

Credit:

½ or 1

Max credit = 1

MIS03# 09131, 09135		0.5 or 1.0 Credit	NUTRITION AND FOOD PREP I, II
<b>Career, Community, and Family Connections</b>			
<b>Content Standards</b>	<b>Competencies</b>		
1.2 Demonstrate transferable and employability skills in school, community and workplace settings.	1.2.1 Analyze potential career choices to determine the knowledge, skills, and attitudes associated with each career.		
	1.2.3 Apply communication skills in school, community and workplace settings.		
	1.2.4 Demonstrate teamwork skills in school, community and workplace settings.		
	1.2.8 Demonstrate work ethics and professionalism.		
<b>Consumer and Family Resources</b>			
<b>Content Standards</b>	<b>Competencies</b>		
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 decisions about providing safe and nutritious food for individuals and families.		
<b>Facilities Management and Maintenance</b>			
<b>Content Standards</b>	<b>Competencies</b>		
5.2 Demonstrate planning, organizing, and maintaining an efficient housekeeping operation for residential or commercial facilities.	5.2.1 Apply housekeeping standards and procedures.		
	5.2.2 Operate cleaning equipment and tools.		
	5.2.3 Manage use of supplies.		
5.3 Demonstrate sanitation procedures for a clean and safe environment.	5.3.5 Apply Centers for Disease Control (CDC) standards.		
5.4 Apply hazardous materials and waste management procedures.	5.4.3 Practice a recycling program for conservation of resources.		
5.5 Demonstrate a work environment that provides safety and security.	5.5.3 Demonstrate safe procedures in the use, care, and storage of equipment.		
<b>Food Production and Services</b>			
<b>Content Standards</b>	<b>Competencies</b>		
8.2 Demonstrate food safety and sanitation procedures.	8.2.7 Demonstrate safe food handling and preparation techniques that prevent cross contamination from potentially hazardous foods, between raw and ready-to-eat foods, and between animal and fish sources and other food products.		
8.3 Demonstrate industry standards in selecting, using, and maintaining food production and food service equipment.	8.3.6 Identify a variety of types of equipment for food processing, cooking, holding, storing, and serving, including hand tools and small ware.		



8.4 Demonstrate menu planning principles and techniques based on standardized recipes.	8.4.7 Apply principles of Measurement, Portion Control, Conversions, Food Cost Analysis and Control, Menu Terminology, and Menu Pricing to menu planning.	
8.5 Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products.	8.5.2 Demonstrate skill for a variety of cooking methods such as roasting, broiling, smoking, grilling sautéing, pan frying deep frying, braising, stewing, poaching, steaming, and baking using (professional) equipment and current technologies.	
	8.5.3 Utilize weights and measurement tools to demonstrate knowledge of portion control and proper scaling and measurement techniques.	
	8.5.4 Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding of a variety of foods.	
	8.5.5 Prepare various meats, seafood, and poultry using safe handling and (professional) preparation techniques.	
	8.5.6 Prepare various stocks, soups, and sauces using safe handling and (professional) preparation techniques.	
	8.5.7 Prepare various fruits, vegetables, starches, legumes, dairy products, fats, and oils using safe handling and (professional) preparation techniques.	
	8.5.8 Prepare various salads, dressings, marinades, and spices using safe handling and (professional) preparation techniques.	
	8.5.9 Prepare sandwiches, canapés and appetizers using safe handling and (professional) preparation techniques.	
	8.5.10 Prepare breads, baked goods and desserts using safe handling and (professional) preparation techniques.	
	8.5.11 Prepare breakfast meats, eggs, cereals, and batter products using safe handling and (professional) preparation techniques.	
	8.5.12 Demonstrate (professional plating), table setting, garnishing, and food presentation techniques.	
	8.5.13 Examine the applicability of convenience food items.	
	8.5.14 Demonstrate cooking methods that increase nutritional value, lower calorie and fat content, and utilize herbs and spices to enhance flavor.	
	*8.5.15 Apply appropriate cooking terminology when reading and following a recipe.	
<b>Food Science, Dietetics, and Nutrition</b>		
<b>Content Standards</b>	<b>Competencies</b>	
9.1 Analyze career paths within food science, food technology, dietetics, and nutrition industries.	9.1.1 Explain the roles and functions of individuals engaged in food science, food technology, dietetics, and nutrition careers.	
9.2 Apply risk management procedures to food safety, food testing, and sanitation.	9.2.1 Analyze factors that contribute to food borne illness.	
	9.2.5 Demonstrate practices and procedures that assure personal and workplace safety, health and hygiene. (CPR, First Aid, Epi-Pens)	
	9.2.6 Demonstrate standard procedures for receiving and storage of raw and prepared foods.	

9.3 Evaluate nutrition principles, food plans, preparation techniques and specialized dietary plans.	9.3.1 Analyze nutrient requirements across the life span addressing the diversity of people, culture, and religions.	
	9.3.2 Analyze nutritional data.	
	9.3.3 Apply principles of food production to maximize nutrient retention in prepared foods.	
	9.3.4 Assess the influence of socioeconomic and psychological factors on food and nutrition and behavior. (Etiquette)	
	9.3.5 Analyze recipe/formula proportions and modifications for food production.	
	9.3.6 Critique the selection of foods to promote a healthy lifestyle.	
9.5 Demonstrate use of current technology in food product development and marketing.	9.5.1 Analyze various factors that affect food preferences in the marketing of food.	
	9.5.3 Prepare food for presentation and assessment.	
<b>Housing and Interior Design</b>		
<b>Content Standards</b>	<b>Competencies</b>	
11.4 Demonstrate design, construction document reading, and space planning skills required for the housing, interior design and furnishings industries.	11.4.5 Apply building codes, universal guidelines, and regulations in space planning and furniture arrangement.	
<b>Nutrition and Wellness</b>		
<b>Content Standards</b>	<b>Competencies</b>	
14.1 Analyze factors that influence nutrition and wellness practices across the life span.	14.1.1 Explain physical, emotional, social, psychological and spiritual components of individual and family wellness.	
	14.1.2 Analyze the effects of psychological, cultural, and social influences on food choices and other nutrition practices.	
	14.1.3 Analyze the governmental, economic, and technological influences on food choices and practices.	
	14.1.4 Analyze the effects of global and local events and conditions on food choices and practices.	
	14.1.5 Analyze legislation and regulations related to nutrition and wellness.	
14.2 Evaluate the nutritional needs of individuals and families in relation to health and wellness across the life span.	14.2.1 Analyze the effect of nutrient on health, appearance, and peak performance.	
	14.2.2 Analyze the relationship of nutrition and wellness to individual and family health throughout the life span.	
	14.2.3 Analyze the effects of food and diet fads, food addictions, and eating disorders on wellness.	
	14.2.4 Analyze sources of food and nutrition information, including food labels, related to health and wellness.	
14.4 Evaluate factors that affect food safety from production through consumption.	14.4.4 Analyze federal, state, and local inspection and labeling systems that protect the health of individuals and the public.	
14.5 Evaluate the influence of science and technology on food composition, safety, and other issues.	14.5.2 Analyze how the scientific and technical advances in food processing, storage, product development, and distribution influence nutrition and wellness.	
	14.5.3 Analyze the effects of technological advances on selection, preparation and home storage of food.	
	14.5.4 Analyze the effects of food science and technology on meeting nutritional needs.	

*\*This is not listed in the National/State Standards; however, it is strongly suggested by the State Teacher Committee.*

# Nutrition and Food Prep I, II Course Topics and Related Standards Overview

<b>NUTRITION AND FOOD PREP I, II</b>	<b>FACS I</b>	<b>Middle School FACS</b>
<b>MIS03 # 09131, 09135</b>	<b>MIS03 # 09022</b>	<b>MIS03 # 09006</b>
<b><i>Food Customs and Nutrition</i></b>	<b><i>Food Customs and Nutrition</i></b>	<b><i>Food Customs and Nutrition</i></b>
Nutritional Needs Through the Life Span (2.1.3, 9.3.1, 9.3.5, 9.3.6, 14.2.2)	Nutritional Needs Through the Life Span (2.1.3, 9.3.1, 14.2.2)	
Nutritious Choices (8.5.14, 9.3.2, 9.3.3, 9.3.6, 14.1.4, 14.1.5, 14.2.1, 14.2.3, 14.4.4, 14.5.4)	Nutritious Choices (9.3.2, 9.3.3, 9.3.6, 14.2.1, 14.2.3)	Nutritious Choices (9.3.2, 9.3.5, 9.3.6)
Etiquette (9.3.4)	Etiquette (9.3.4)	Etiquette (9.3.4)
Influences on Customer Choices (9.5.1, 9.5.3, 14.1.1 - 14.1.3, 14.2.3, 14.2.4, 14.5.2)	Influences on Customer Choices (14.1.1, 14.1.2, 14.2.1, 14.2.2, 14.2.3, 14.2.4)	Influences on Customer Choices (14.2.1, 14.2.3, 14.2.4)
<b><i>Kitchen Readiness</i></b>	<b><i>Kitchen Readiness</i></b>	<b><i>Kitchen Readiness</i></b>
Kitchen Management (1.2.3, 1.2.4, 1.2.8, 5.2.3, 11.4.5)	Kitchen Management (1.2.3, 1.2.4, 1.2.8, 5.2.3)	Kitchen Management (1.2.3, 1.2.4, 1.2.8, 5.2.3)
Safety and Sanitation (2.1.3, 5.2.1, 5.2.2, 5.3.5, 5.5.3, 8.2.7, 9.2.1, 9.2.5, 9.2.6, 14.2.4)	Safety and Sanitation (5.2.1, 5.2.2, 5.5.3, 8.2.7, 9.2.1, 9.2.5, 9.2.6)	Safety and Sanitation (5.2.1, 5.2.2, 5.5.3, 8.2.7, 9.2.1, 9.2.5, 9.2.6)
Equipment (5.2.2, 5.5.3, 8.3.6)	Equipment (5.2.2, 5.5.3, 8.3.6)	Equipment (8.3.6)
Conservation of Resources (5.4.3)	Conservation of Resources (5.4.3)	Conservation of Resources (5.4.3)
Measurement and Conversions (8.4.7, 8.5.3)		
Menu Planning (8.4.7)	Menu Planning (8.4.7)	Menu Planning (8.4.7)
Meal Service (8.5.12, 9.3.4, 9.5.3)	Meal Service (8.5.12, 9.3.4, 9.5.3)	Meal Service (8.5.12, 9.5.3)
Food Purchasing and Budget (8.5.13)		
Recipe Skills (8.5.15, 9.3.5)	Recipe Skills (8.5.15, 9.3.5)	Recipe Skills (8.5.15)
<b><i>Cooking Techniques</i></b>	<b><i>Cooking Techniques</i></b>	<b><i>Cooking Techniques</i></b>
Food Prep Skills (8.2.7, 8.3.6, 8.5.2, 8.5.3, 8.5.4, 8.5.5, 8.5.6, 8.5.7, 8.5.8, 8.5.9, 8.5.10, 8.5.11, 8.5.12, 8.5.13, 8.5.14, 8.5.15, 9.3.3)	Food Prep Skills (8.2.7, 8.3.6, 8.5.2, 8.5.3, 8.5.4, 9.3.3)	Food Prep Skills (8.2.7, 8.5.2, 8.5.3, 8.5.4)
<b><i>Current Issues</i></b> (14.1.3, 14.1.4, 14.1.5, 14.2.4, 14.5.2, 14.5.3)		
<b><i>Related Careers</i></b> (1.2.1, 9.1.1)	<b><i>Related Careers</i></b> (1.2.1, 9.1.1)	