Alabama CTE

Nutrition and Food (2024)

Foundational Standards	1	Incorporate safety procedures in handling, operating, and maintaining tools and machinery; handling materials; utilizing personal protective equipment; maintaining a safe work area; and handling hazardous materials and forces. F.1
	2	Demonstrate effective workplace and employability skills, including communication, awareness of diversity, positive work ethic, problem-solving, time management, and teamwork. F.2
	3	Explore the range of careers available in the field and investigate their educational requirements, and demonstrate job-seeking skills including resume-writing and interviewing. F.3
	4	Advocate and practice safe, legal, responsible, and ethical use of information and technology tools specific to the industry pathway. F.4
	5	Participate in a Career and Technical Student Organization (CTSO) to increase knowledge and skills and to enhance leadership and teamwork. F.5
Food	1	Analyze and explain factors that affect food supply chains, including geography, fuel supply, climate, economics, transportation systems, farming methods, and type of government. 1
	2	Explain how food choices and food production are influenced by psychological, social, cultural, nutritional, economical, global, environmental, geographical, and technological factors. 2
	3	Interpret legislation and regulations related to food production and consumption. 3
	4	Describe the impact of technology on food production, choices, and nutrition. 4
Nutrition	5	Investigate and share information about recommendations for individuals' nutritional, lifestyle, health, and fitness needs as they change across the lifespan. 5
	6	Create menus and recipes to meet nutritional needs of individuals across the lifespan, using current dietary guidelines. 6
	7	Summarize current research on the impact of diet fads, food addictions, and eating disorders on fitness and wellness. 7

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	8 Research and report on the impact of daily food choices on health and wellness. 8
	9 Examine and explain how current food and lifestyle trends affect health, wellness, and food selection. 9
	10 Interpret a food nutrition label, including key nutrients, portion sizes, allergens, and ingredients, and explain how this information is useful in planning a nutritious diet. 10
Meal Management and Service	11 Prepare nutritious meals that satisfy recommended daily intake guidelines, specifying cooking techniques that preserve the nutrients in the foods selected. 11
	12 Compare the cost and nutritive value of preparing food at home rather than purchasing convenience foods and fast service foods. 12
	13 Formulate a budget for planning, purchasing, and preparing nutritious foods for given scenarios. 1 13
	14 Compare and contrast the nutritional quality of various prepared foods. Example: Using current technology, calculate nutritional values for scratch prepared, processed, and restaurant prepared foods. 14
	15 Explain the impact of mealtime habits and etiquette and their correlation to health indicators. Example: family mealtimes, fast food dining, table habits including portion sizing, utensil usage, length of meal, and chewing duration 15
	16 Demonstrate food preparation techniques required to retain nutritional content when preparing food for special occasions. 16
	17 Demonstrate a variety of creative food presentation techniques to make nutritious foods visually appealing. 17
Cuisine	18 Compare and contrast the ways that nutritional needs are met in various cultures. Example: American-Southern diet vs. Mediterranean diet 18
	19 Demonstrate food preparation techniques used in national and international cuisines. 19