Arkansas CTE

Food and Nutrition: Grades 9, 10, 11, 12

Adopted 2008

Nutrition and Weight Control

1.1 Define terms related to nutrition and weight control

1. Use terms in context 1.1.1

1.2 Describe psychological, physiological and environmental reasons for eating

1. Analyze influences of environment, family, culture, technology and lifestyle on food choices 1.2.1

1.3 Describe the effects of nutrition on health and body mass

1. Describe nutritional concerns for individuals throughout their life cycle 1.3.1
2. Compute BMI 1.3.2

1.4 Identify food related health problems

1. Match food related health problems to descriptions to include, but not limited to: HBP (High Blood Pressure)
heart disease
diabetes I & II lactose intolerance
food allergies
food sensitivities obesity
vitamin & mineral deficiencies
underweight malnutrition 1.4.1

1.5 Name unhealthy diet practices

1. Classify eating disorders 1.5.1
2. Create a project that exhibits the causes/effects of being underweight and overweight 1.5.2

1.6 Define basic nutrient groups and their sources and functions

1. Match nutrients with sources and functions
water
vitamins proteins
fats
carbohydrates
minerals 1.6.1

1.7 Explain MyPyramid including divisions, physical activity, recommended serving allowances

1. Analyze nutritional value of personal daily food intake 1.7.1
2. Plan menus to meet nutritional needs 1.7.2
3. Interpret the six main messages of the anatomy of MyPyramid 1.7.3

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4. Develop a personalized nutrition plan using www.mypyramid.gov 1.7.4

1.8 Name careers related to nutrition and weight control

1. Research careers related to nutrition and weight control 1.8.1

The Food Consumer

2.1 Define terms related to the food consumer

1. Use terms in context 2.1.1

2.2 Identify resources to consider in planning meals

1. Plan menus for low/high income families using the following resources, but not limited to:
time
energy
food choices
money
preparatory skills
availability
equipment
available technology 2.2.1

2.3 List considerations in appealing and nutritious meals

1. Plan menus for family meals using meal pattern guidelines using the following considerations, but not limited to:
color
shape/size
flavor
aroma
texture
temperature
dietary guidelines 2.3.1

2.4 Describe shopping strategies for making informed food purchases

1. List information on food labels required by law 2.4.1
2. Analyze data on nutritional fact panel 2.4.2
3. Contrast the variety between food shops 2.4.3
4. Compare/contrast generic, store brand and name brand 2.4.4
5. List ways a consumer can reduce waste by recycling & pre-cycling 2.4.5
6. List benefits of preparing a shopping list 2.4.6
7. Discuss product codes found on packaging such as UPC and open dating 2.4.7
8. Compute the unit price of a product 2.4.8

2.5 Name government agencies that regulate food safety

1. Research current FDA and USDA guidelines 2.5.1

Food/Technology

3.1 Define terms related to food technology

3. Use terms in context 3.1.3

3.2 Discuss effects of technology on food and nutrition

1. Explore the impact of technology on safety, availability, choices, and nutrient content of food 3.2.1

State current issues and trends in food technology

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1. Explore current issues and trends in food technology to include, but not limited to:
easy preparation
great taste
nutrition
allergies
food substitutes
health foods
fast food
engineered foods 3.3.1

3.4 Explain use of the computer in food buying, menu planning, nutritional analysis, and other food related areas

1. Conduct a nutritional analysis of a variety of recipes (an option is to refer to MyPyramid.gov and then use My Pyramid Menu Planner) 3.4.1

3.5 State purposes of food additives

1. Justify the four reasons additives are used in food products:
adds nutrients
preserves quality
aids in processing or preparation
enhances flavors or colors 3.5.1
2. Discuss items that are considered GRAS(Generally Recognized As Safe) 3.5.2

3.6 Compare advantages and disadvantages of convenience foods

1. Compare cost, quality, and time in the preparation of convenience food and the same food prepared conventionally 3.6.1

3.7 Describe environmental concerns as the result of food technology

1. Analyze environmental issues related to food resources which include but are not limited to:
chemical pollutants
conservation
food additives
genetic engineering
pollution
recycling 3.7.1

Kitchen Organization

4.1 Define terms related to kitchen organization

1. Use terms in context 4.1.1

4.2 Describe kitchen work centers

1. Match kitchen work centers:
cold storage/refrigerator
cleanup/sink
mixing/planning
cook/serving 4.2.1

4.3 Identify types of kitchen floor plans

1. Design the six different kitchen floor plans:
one wall
Corridor
L shape
U shape
Peninsula
Island and Barrier Free 4.3.1

4.4 Explain the purpose of the work triangle

1. Identify the work triangle in various kitchens (suggested range should fall between 8 ft. to 22 ft.) 4.4.1

4.5 Name principles of kitchen storage

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1. Apply principles in kitchen storage
buy only what you need
first in first out (rotate stock)
clean storage areas
consider the shelf life
store items where you expect to use them 4.5.1

Kitchen Appliances

5.1 Define terms related to kitchen appliances

1. Use terms in context 5.1.1

5.2 Describe selection, use, and care of large and small kitchen appliances

1. Review procedures for using large and small kitchen appliances 5.2.1

5.3 Describe trends in kitchen appliances

1. Discuss how colors, size, style and technology affect kitchen appliance choices 5.3.1

5.4 State ways to conserve resources in the kitchen

1. Plan ways to use the following resources/methods:
Energy Star
Energy Guide
Conservation Methods 5.4.1

5.5 Discuss effect of technology in kitchen equipment

1. Contrast/compare the advantages and disadvantages of technology with kitchen equipment 5.5.1

Safety and Sanitation

6.1 Define terms related to safety and sanitation

1. Use terms in context 6.1.1

6.2 Describe food preparation, preservation, serving, and storage techniques that prevent food poisoning

1. Investigate prevention of food spoilage in the food industry 6.2.1
2. Recognize the temperature danger zones 6.2.2

6.3 Differentiate between food borne illnesses and the definition for each

1. Research current issues involving food borne illnesses 6.3.1

6.4 State safety precautions to follow in the kitchen

1. Evaluate a kitchen for safety hazards 6.4.1

6.5 Explain basic first aid procedures

1. Demonstrate basic first aid procedures 6.5.1

Food Service and Etiquette

7.1 Define terms related to serving and eating food at home and away from home

1. Use terms in context 7.1.1

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Describe table appointments

1. Compare and contrast traditional table settings to contemporary table settings 7.2.1

7.3 Explain principles of table setting

1. Demonstrate table settings for a variety of menus 7.3.1

7.4 Discuss types of meal service

1. Demonstrate table settings for different types of meal service 7.4.1
2. Discuss factors to consider in planning and serving food for special occasions 7.4.2

7.5 Describe proper manners for serving, eating, and clearing meals

1. Demonstrate proper table manners in public and private settings 7.5.1

7.6 Name guidelines for ordering, tipping, and paying in a restaurant

1. Compute various types of gratuity 7.6.1

Food Preparation

8.1 Define terms related to food preparation

1. Use terms in context 8.1.1

8.2 Identify food preparation tools and equipment

1. Chart functions of preparation tools and equipment 8.2.1

8.3 Explain measuring techniques and equipment

1. Demonstrate measuring techniques 8.3.1

8.4 List abbreviations and equivalent measures commonly used in recipes

1. Match abbreviations and equivalent measures commonly used in recipes 8.4.1
2. Specify substitutions commonly used in recipes 8.4.2

8.5 List steps in using a recipe

1. Demonstrate math skills necessary to change the yield of a recipe 8.5.1

**8.6 Describe preparation of the following foods:
appetizers
beverages
casseroles
dairy products
desserts
egg
fish
fruits
garnishes
grain products
meat
poultry
quick breads
salads
sandwiches
sauces
soups
vegetables
yeast
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1. Prepare selected foods using a variety of methods 8.6.1