Arkansas CTE

Introduction to Food Safety and Nutrition (2026)

Career Exploration and Career and Technical Student Organizations (CTSOs) 1

1. **Recognize and discuss the academic and professional benefits of participating in a CTSO.** 1.1
    1. Research CTSOs (i.e. Family, Career, and Community Leaders of America (FCCLA)and/or SkillsUSA) and draw connections between participation and success. 1.1.1
    2. Explore how CTSOs are like school versions of professional organizations and how involvement builds leadership and career skills. 1.1.2
    3. Discuss and evaluate CTSO activities which reinforce and connect real-world application to the curriculum taught in the classroom. 1.1.3
    4. Explore CTSO competitive events and identify strategies and resources for successful preparation. 1.1.4
2. **Explore career opportunities, required qualifications, and industry trends in culinary arts, restaurant management, and related hospitality professions.** 1.2
    1. Investigate careers in culinary arts and restaurant management and the industries in which foodservice and hospitality professionals work. 1.2.1
    2. Summarize the aptitudes and training needed for at least three careers of interest. 1.2.2
    3. Research salary ranges and benefits for various positions in different geographic regions. 1.2.3

Health, Hygiene & Foodborne Illnesses 2

1. **Identify the components of a good personal hygiene program.** 2.1
    1. Demonstrate proper handwashing techniques per ServSafe and FDA Food Code standards. 2.1.1
    2. Identify guidelines for bare hand contact with ready to eat foods. 2.1.2
    3. Describe the proper first-aid procedures for various emergencies in relation to food safety. 2.1.3
    4. Evaluate guidelines for proper wound care of food servers such as Stop the Bleed. 2.1.4
2. **Investigate ways to minimize the impact of employee illness in a food establishment.** 2.2

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1. Identify transmissible diseases related to employee illness in foodservice settings and explain how they can cause food contamination if proper prevention practices are not followed. 2.2.1
2. Examine ways food handlers may contaminate food. 2.2.2
3. Conclude when to restrict employees from food handler roles, including policies for reporting health issues. 2.2.3
4. Examine Arkansas Department of Health guidelines for illnesses of food handlers in the workplace. 2.2.4
5. Investigate procedures for reporting and managing illness in a food establishment. 2.2.5

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3 Distinguish between physical, chemical, and biological contaminants. 2.3

1. Identify common sources of contaminants. 2.3.1
2. Explain how to prevent contamination. 2.3.2
3. Identify symptoms and prevention strategies for common foodborne illnesses. 2.3.3

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4 Investigate food allergens and ways to prevent allergic reactions. 2.4

1. Identify the Big 9 food allergens and describe common foods that contain them. 2.4.1
2. Compile a list of common symptoms caused by food allergies and distinguish them from food intolerances or sensitivities 2.4.2
3. Explain how cross-contact occurs and demonstrate methods to prevent it. 2.4.3
4. Demonstrate safe food handling and labeling practices to prevent allergen exposure. 2.4.4

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5 Investigate temperature control practices to ensure food safety. 2.5

1. Define temperature abuse and explain its impact on food safety. 2.5.1
2. Identify the temperature danger zone and how it promotes bacterial growth. 2.5.2
3. Investigate different types of food thermometers and their proper uses. 2.5.3
4. Demonstrate proper thermometer care, calibration, and use in food safety procedures. 2.5.4

Measuring, Abbreviations, Recipes 3

1 Describe selection, use, and care of large and small kitchen appliances. 3.1

1. Investigate small and large kitchen appliances, their uses, and maintaining the equipment. 3.1.1
2. Identify food preparation tools and equipment. 3.1.2
3. Demonstrate decision-making in choosing the correct appliances for different uses. 3.1.3

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2 **Demonstrate proper selection and use of tools, equipment, and appliances to prepare fruit and vegetable-based recipes.** 3.2

1 Prepare fruit and vegetable-based recipes using a variety of kitchen appliances. 3.2.1

2 Chart functions of preparation tools and equipment. 3.2.2

3 **Interpret recipes and their components; analyze abbreviations, equivalents, and demonstrate proper measuring techniques.** 3.3

1 Identify the parts of a standard recipe and various recipe formats. 3.3.1

2 Recognize and define abbreviations and measurement equivalents. 3.3.2

3 Demonstrate accurate measuring techniques for dry, liquid, and solid ingredients. 3.3.3

4 Use standard kitchen math to modify recipes for increased or decreased yield. 3.3.4

4 **Apply recipes and culinary terminology in lab settings using mise en place and correct procedures.** 3.4

1 Demonstrate proper mise en place for a variety of recipes. 3.4.1

2 Follow recipes accurately using correct abbreviations, equivalents, and terminology. 3.4.2

3 Demonstrate the use of correct cooking techniques and terminology during lab preparation. 3.4.3

4 Implement safe and sanitary lab procedures throughout the cooking process. 3.4.4

Knife Skills, Cuts, Presentation 4

1 **Identify and apply knife skills and food presentation techniques.** 4.1

1 Demonstrate proper knife safety and care, including cleaning, sharpening, and storage. 4.1.1

2 Analyze types of knives and their uses in food preparation. 4.1.2

3 Demonstrate a variety of knife cuts (e.g. chiffonade, mince, julienne, dice, cube, chop). 4.1.3

4 Prepare garnishes and decorative food presentations. 4.1.4

2 **Prepare vegetables for recipes and garnishes.** 4.2

1 Use knife skills to prepare vegetables. 4.2.1

2 Create vegetable garnishes. 4.2.2

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3 **Evaluate sensory and visual presentation of food.** 4.3

1 Conduct food tastings to evaluate sensory characteristics. 4.3.1

2 Describe the principles of plating. 4.3.2

3 Practice plating techniques to enhance sensory experience. 4.3.3

Nutrition (Dietary Guidelines for Americans, Modified Diets, Health) 5

1 **Describe psychological, physiological, and environmental reasons for eating.** 5.1

1 Describe and reflect on personal, psychological, cultural, and environmental reasons for eating. 5.1.1

2 Evaluate lifestyle choices on wellness. 5.1.2

2 **Explain the Dietary Guidelines for Americans guidelines including divisions, physical activity, and recommended allowances.** 5.2

1 Explore Dietary Guidelines for Americans resources and interpret dietary recommendations. 5.2.1

2 Develop and evaluate a personalized nutrition and activity plan. 5.2.2

3 **Identify basic nutrient groups, their sources, and functions.** 5.3

1 Identify nutrients and their sources. 5.3.1

2 Classify nutrients and their functions. 5.3.2

3 Formulate nutritional analysis of a variety of recipes. 5.3.3

4 **Modify recipes to assist individuals in making healthier food choices.** 5.4

1 Describe and investigate food-related health problems (e.g. food allergies, diabetes.). 5.4.1

2 Compile menus to meet various nutritional needs. 5.4.2

3 Identify appropriate ingredient substitutions for recipes. 5.4.3

5 **Describe consideration necessary to make informed food choices using nutrition labels.** 5.5

1 Analyze information required by law, on food labels and nutritional facts panels. 5.5.1

2 Create a nutrition label using a digital format. 5.5.2

Food Labels, Meal Planning, and Etiquette 6

1 **Examine effects of technology in the application of practical purposes for safety, availability, choices, and nutrient content of food.** 6.1

1 Explore the effects of technology in the application of practical purposes for safety, availability, choices, and nutrient content of food. 6.1.1

2 Provide examples of food created with technological advances. 6.1.2

Debate pros and cons the four reasons additives are used in food products (e.g. adds nutrients, preserves quality, aids in processing or preparation, and enhances flavors or colors). 6.1.3

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4 Identify items that are not Generally Recognized As Safe (GRAS). 6.1.4

2 Investigate current issues, trends, and environmental concerns related to food technology. 6.2

1 Explore current trends in food technology (e.g., easy prep, engineered foods, lab grown proteins, food preservation). 6.2.1

2 Evaluate how current trends in food impact nutrition, cost, and accessibility. 6.2.2

3 Analyze environmental issues related to food resources. 6.2.3

3 Compare advantages and disadvantages of convenience foods. 6.3

1 Compare cost, quality, and time in the preparation of convenience food and the same food prepared conventionally. 6.3.1

2 Analyze reasons teens choose convenience foods over conventional foods. 6.3.2

3 Analyze current trends in meal delivery services including but not limited to nutritional needs, budget, ease of use, and continued interest. 6.3.3

4 Compare ways to do food price comparison using your computer, applications, and store websites. 6.3.4

4 Identify resources to consider in planning appealing, nutritious meals. 6.4

1 Analyze how time, money, skill level, technology, and food availability influence meal planning. 6.4.1

2 Discuss food cost in relation to nutritional value. 6.4.2

3 Plan and evaluate family meal menus that are nutritious and visually appealing (e.g., color, texture, shape, aroma). 6.4.3

5 Describe considerations necessary to make informed food purchases. 6.5

1 Investigate various methods of shopping for food. 6.5.1

2 Compare and contrast generic, store brand, and name brand. 6.5.2

6 Describe proper manners for serving, eating, and clearing meals. 6.6

1 Set and clear a place setting based on styles of service. 6.6.1

2 Demonstrate proper table manners in public and private settings. 6.6.2

3 Assess guidelines for restaurant etiquette, including gratuity. 6.6.3

Application Through Labs and Projects 7

1 Students will apply nutrition knowledge in lab settings and project-based assessments. 7.1

1 Design and execute experiments related to food preparation, digestion, and nutrient absorption. 7.1.1

2 Analyze and interpret lab results using scientific reasoning. 7.1.2

3 Create evidence-based presentations, reports, or projects related to nutrition and health. 7.1.3