Idaho CTE

Nutrition & Foods (2012)

Evaluate factors effecting individual and family food choice 1.0

1 **Analyze factors affecting food and nutrition choices.** 1.01

1. Explore how food helps meet physical needs. 1.1.1
2. Describe psychological factors 1.1.2
3. Compare social factors and cultural, regional, or global influences 1.1.3
4. Examine the influence of personal beliefs on food choices 1.1.4
5. Identify monetary factors 1.1.5
6. Describe how food choices are influenced by available resources and technology 1.1.6
7. Explore federal policy influences on food supply 1.1.7

Analyze, Nutrition, Health, & Wellness Practices 2.0

1 **Analyze the relationship between nutrition, physical activity, and health concerns** 2.01

1. Explore the concepts of total lifestyle, including physical activity in health and wellness 2. Describe the role of nutrition in health promotion, disease prevention, and disease treatment 3. Describe techniques for evaluating a healthy lifestyle 4. Examine the characteristics of various eating disorders and their effects on personal health and wellbeing 5. Explore nutrition in fast foods 6. Analyze various fad diets and weight control plans 2.1.1
2. Describe the role of nutrition in health promotion, disease prevention, and disease treatment 2.1.2
3. Describe techniques for evaluating a healthy lifestyle 2.1.3
4. Examine the characteristics of various eating disorders and their effects on personal health and wellbeing 2.1.4
5. Explore nutrition in fast foods 2.1.5
6. Analyze various fad diets and weight control plans 2.1.6

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2 **Evaluate Personal diet and physical activities using choose my plate** 2.02

1. Examine guidelines for using Choose My Plate food guidance system and the Dietary Guidelines for Americans 2. Identify key nutrients in relation to food choices 3. Compare personal eating habits to Choose My Plate and the Dietary Guidelines 4. Demonstrate ways to incorporate food guides into daily food planning 5. Develop, implement, and evaluate a nutrition plan to improve personal eating habits and physical activity 2.2.1
2. Identify key nutrients in relation to food choices 2.2.2

Skip to main content

3 Compare personal eating habits to Choose My Plate and the Dietary Guidelines 2.2.3

4 Demonstrate ways to incorporate food guides into daily food planning 2.2.4

5 Develop, implement, and evaluate a nutrition plan to improve personal eating habits and physical activity 2.2.5

3 Evaluate nutrients needs, sources, and functions for individuals and families. 2.03

1 Identify the six essential nutrients 2. Identify carbohydrate sources and functions in the body 3. Identify protein (complete and incomplete) sources and functions in the body 4. Identify fats, their sources, functions and related health concerns 5. Identify vitamins, their sources, functions and related health concerns 6. Identify minerals, their sources, and related health concerns 7. Identify the functions of water in the body 2.3.1

2 Identify carbohydrate sources and functions in the body 2.3.2

3 Identify protein (complete and incomplete) sources and functions in the body 2.3.3

4 Identify fats, their sources, functions and related health concerns 2.3.4

5 Identify vitamins, their sources, functions and related health concerns 2.3.5

6 Identify minerals, their sources, and related health concerns 2.3.6

7 Identify the functions of water in the body 2.3.7

4 Explore Careers related to food science, nutrition and fitness, education, and research 2.04

1 Research careers in food science, nutrition and fitness, education and research 2. Evaluate job qualifications 2.4.1

2 Evaluate job qualifications 2.4.2

Employ Food Safety and Sanitation Procedures 3.0

1 Demonstrate Safety Procedures and Sanitation Techniques 3.01

1 Identify and apply sanitation rules and guidelines 2. Identify common food-borne illnesses 3. Describe symptoms common to food-borne illnesses 4. Identify methods that prevent food-borne illnesses and contamination 5. Apply established safety rules and guidelines to maintain a safe working environment 6. Identify proper first-aid procedures for cuts, burns, and electrical shock 3.1.1

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6 Identify proper first-aid procedures for cuts, burns, and electrical shock 3.1.6

Skip to main content

xplore Careers in Food Safety and Sanitation 3.02

1. Analyze career paths in food safety and sanitation 3.2.1
2. Evaluate job qualifications 3.2.2

Demonstrate management of food for individuals and families 4.0

1. **Demonstrate Meal Planning Abilities & Techniques** 4.01
   1. Identify factors that affect meal planning 2. Identify eating patterns, individual needs, nutritional needs, and special dietary accommodations 3. Plan a meal using several different budget levels 4.1.1
   2. Identify eating patterns, individual needs, nutritional needs, and special dietary accommodations 4.1.2
   3. Plan a meal using several different budget levels 4.1.3
2. **Demonstrate Skills to Foster a Positive Mealtime Environment** 4.02
   1. Explore the benefits of shared mealtime on family wellbeing 4.2.1
   2. Demonstrate the use of simple table etiquette for different occasions 4.2.2
   3. Explore the benefits of positive table time communication 4.2.3
   4. Examine the benefits of including family members in meal planning and preparation 4.2.4
3. **Explore Food Purchasing Techniques** 4.03
   1. Compare and contrast various types of grocery and prepared food outlets 2. Set up a food spending plan 3. Identify unit pricing and cost per serving 4. Compare the time and financial costs of eating out, and convenience foods versus preparing meals at home 5. Plan meals and prepare shopping list 4.3.1
   2. Set up a food spending plan 4.3.2
   3. Identify unit pricing and cost per serving 4.3.3
   4. Compare the time and financial costs of eating out, and convenience foods versus preparing meals at home 4.3.4
   5. Plan meals and prepare shopping list 4.3.5
4. **Explore occupations in food management and marketing** 4.04
   1. Research careers in food management and marketing 4.4.1
   2. Evaluate job qualifications 4.4.2

Employ food laboratory management techniques 5.0

1. **Demonstrate the appropriate use and care of equipment and workspace** 5.01
   1. Locate food preparation equipment in the laboratory 2. Recognize the names and functions of food preparation tools and utensils 3. Identify various types of large and small kitchen equipment 4. Explain the selection, use, and care of equipment 5. Select appropriate equipment for specific product preparation 6. Demonstrate the proper use and care of equipment 7. Identify work centers and their role in management 8. Employ standard safety procedures when using equipment 9. Explore future trends in food preparation technology and equipment 5.1.1

Skip to main content

2 Recognize the names and functions of food preparation tools and utensils 5.1.2

3 Identify various types of large and small kitchen equipment 5.1.3

4 Explain the selection, use, and care of equipment 5.1.4

5 Select appropriate equipment for specific product preparation 5.1.5

6 Demonstrate the proper use and care of equipment 5.1.6

7 Identify work centers and their role in management 8 5.1.7

8 Employ standard safety procedures when using equipment 5.1.8

9 Explore future trends in food preparation technology and equipment 5.1.9

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2 Demonstrate knowledge of abbreviations, food measurement terminology, yield adjustments, and measuring techniques 5.02

1 Define food preparation terms 5.2.1

2 Demonstrate the ability to follow a recipe 5.2.2

3 Demonstrate basic kitchen math skills 5.2.3

4 Demonstrate proper measuring and preparation techniques 5.3.4

5 Practice measuring liquid, dry, and solid ingredients 5.2.5

6 Demonstrate proper knife skills 5.2.6

7 Practice food preparation techniques 5.2.7

Demonstrate the preparation of nutritious food for today's individuals and families 6.0

1 Explore and prepare nutritious meals using vegetables 6.01

1 Identify and explain the importance of vegetables in a balanced diet 6.1.1

2 Review the nutritional content of various vegetables 6.1.2

3 Describe guidelines for selecting vegetables 6.1.3

4 Evaluate the effects of cooking techniques on nutrient retention, flavor, texture, taste, and appearance 6.1.4

5 Practice nutritious preparation techniques for serving vegetables 6.1.5

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2 Explore and Prepare Nutritious Meals Using Fruits 6.02

1 Identify and explain the importance of fruits in a balanced diet 6.2.1

2 Review the nutritional content of various fruits 6.2.2

3 Describe guidelines for selecting fruits 6.2.3

4 Evaluate the effects of cooking techniques on nutrient retention, flavor, texture, taste, and appearance 6.2.4

5 Practice nutritious preparation techniques for serving fruits 6.2.5

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3 Explore and Prepare Nutritious Foods Using Grain Products 6.03

Identify different varieties of grain, rice, pasta and breads 6.3.1

Explain the importance of breads, cereals, rice and pasta in a balanced diet 6.3.2

Skip to main content

3 Identify nutrients in breads, cereals, rice and pasta products 6.3.3

4 Describe guidelines for selecting breads, cereals, rice and pasta products 6.3.4

5 Prepare and evaluate various grain and whole grain products 6.3.5

6 Demonstrate preparation techniques for whole grain products 6.3.6

4 Explore and Prepare Nutritious Foods Using Protein Products 6.04

1 Identify different types of meat, poultry, fish, eggs and legumes 6.4.1

2 Explore the functions of proteins in food preparation 6.4.2

3 Explain the importance of meat, poultry, fish, eggs and legumes in a balanced diet 6.4.3

4 Identify nutrients in meat, poultry, fish, eggs and legumes 6.4.4

5 Identify various cuts of meat, poultry, and fish 6.4.5

6 Evaluate the effects of various cooking methods on nutrient retention, flavor, texture, tenderness, aroma, taste and appearance 6.4.6

7 Prepare egg recipe 6.4.7

8 Prepare a variety of recipes using meat, poultry, fish, eggs and legumes 6.4.8

5 Explore and Prepare Nutritious Foods Using Dairy Products 6.05

1 Identify different types of dairy products 6.5.1

2 Explain the importance of dairy products in a balanced diet 6.5.2

3 Identify the nutritional content of various dairy products 6.5.3

4 Describe guidelines for selecting dairy products 6.5.4

5 Explore the functions of dairy products in food preparation 6.5.5

6 Prepare a variety of recipes using dairy products 6.5.6

7 Evaluate the effects of cooking techniques on flavor, texture, taste, aroma and appearance 6.5.7

6 Explore Careers in Food Preparation, Food Service, and Nutrition Professions 6.06

1 Investigate careers in food preparation and service 6.6.1

2 Review career pathways related to food preparation, service and nutrition professions 6.6.2