Kentucky CTE

Family and Consumer Sciences: Advanced Foods and Nutrition

Apply menu planning principles to develop and modify menus. AFN1	**1** Apply menu planning principles to develop and modify menus. AFN1
Prepare various AFN2	**a** meats AFN2A
	b seafood AFN2B
	c poultry AFN2C
Prepare various AFN3	**a** stocks AFN3A
	b soups AFN3B
	c sauces AFN3C
	d gravies AFN3D
Prepare canapés and appetizers. AFN4	**4** Prepare canapés and appetizers. AFN4
Manage a safe, effective, and productive lab while utilizing teamwork. AFN5	**5** Manage a safe, effective, and productive lab while utilizing teamwork. AFN5
Apply principles of purchasing, cost per serving, and receiving in food service operations. AFN6	**6** Apply principles of purchasing, cost per serving, and receiving in food service operations. AFN6
Pla a v special events. AFN7	**'lan, prepare, and serve a variety of meals and special events.** AFN7

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Apply the fundamentals of baking to a variety of products including yeast breads, pie crust, pastries, and other breads. AFN8	**8 Apply the fundamentals of baking to a variety of products including yeast breads, pie crust, pastries, and other breads.** AFN8
Develop a plan for weight loss, weight gain, or maintenance while examining nutrition through the life cycle (infant, children, teens, pregnancy, adulthood, and elderly). AFN9	**9 Develop a plan for weight loss, weight gain, or maintenance while examining nutrition through the life cycle (infant, children, teens, pregnancy, adulthood, and elderly).** AFN9
Plan and examine a diet plan for a specific need such as high fiber, low fat, low cholesterol, low sodium, diabetic, athlete, heart disease, or lactose intolerance. AFN10	**10 Plan and examine a diet plan for a specific need such as high fiber, low fat, low cholesterol, low sodium, diabetic, athlete, heart disease, or lactose intolerance.** AFN10
Illustrate table settings for special occasions. AFN11	**11 Illustrate table settings for special occasions.** AFN11
Practice using different styles of meal service. AFN12	**12 Practice using different styles of meal service.** AFN12
Demonstrate and determine the correct cooking methods for a variety of food products such as roasting, baking, broiling, smoking, grilling, sautéing, frying, deep frying, braising, stewing, poaching, steaming, woking, convection, microwaving, and other emerging technologies. AFN13	**13 Demonstrate and determine the correct cooking methods for a variety of food products such as roasting, baking, broiling, smoking, grilling, sautéing, frying, deep frying, braising, stewing, poaching, steaming, woking, convection, microwaving, and other emerging technologies.** AFN13

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Use garnishes to plan a simple food gathering for entertainment purposes. AFN14	**14 Use garnishes to plan a simple food gathering for entertainment purposes.** AFN14
Demonstrate proper safety, sanitation and storage techniques in handling food from purchase, preparation, cooking, cooling, to reheating. AFN15	**15 Demonstrate proper safety, sanitation and storage techniques in handling food from purchase, preparation, cooking, cooling, to reheating.** AFN15
Research careers in nutrition/food service according to skill required and type of job. AFN16	**16 Research careers in nutrition/food service according to skill required and type of job.** AFN16
Prepare a variety of regional and international foods using appropriate methods and techniques. AFN17	**17 Prepare a variety of regional and international foods using appropriate methods and techniques.** AFN17
Use nutritional information in preparing and serving food to guests. AFN18	**18 Use nutritional information in preparing and serving food to guests.** AFN18
Operate tools and equipment following safety procedures and OSHA (Occupational Safety and Health Administration) requirements. AFN19	**19 Operate tools and equipment following safety procedures and OSHA (Occupational Safety and Health Administration) requirements.** AFN19
Apply principles of food preparation to produce a variety of food products and beverages. AFN20	**20 Apply principles of food preparation to produce a variety of food products and beverages.** AFN20
Practice food pr(tec Skip to main content	**21 Practice food presentation techniques.** AFN21

Demonstrate proper measuring techniques. AFN22	**22 Demonstrate proper measuring techniques.** AFN22
Assess employment opportunities and preparation requirements. AFN23	**23 Assess employment opportunities and preparation requirements.** AFN23
Demonstrate employability and social skills relevant to the industry. AFN24	**24 Demonstrate employability and social skills relevant to the industry.** AFN24
Demonstrate safe, sanitary work habits required by the field. AFN25	**25 Demonstrate safe, sanitary work habits required by the field.** AFN25
Demonstrate and practice knowledge of food service safety and sanitation procedures and the factors that contribute to food borne illness. AFN26	**26 Demonstrate and practice knowledge of food service safety and sanitation procedures and the factors that contribute to food borne illness.** AFN26
Practice proper waste disposal and recycling methods. AFN27	**27 Practice proper waste disposal and recycling methods.** AFN27
Demonstrate written, verbal, and non-verbal communication skills. AFN28	**28 Demonstrate written, verbal, and non-verbal communication skills.** AFN28
Apply time management skills. AFN29	**29 Apply time management skills.** AFN29
Utilize activities of the Family, Career and Community Leaders of America (FCCLA) student organization as an integral component of co	**30 Utilize activities of the Family, Career and Community Leaders of America (FCCLA) student organization as an integral component of course content and leadership development.** AFN30

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leadership development. AFN30

Apply math, science, and communication skills within technical content. AFN31

31 **Apply math, science, and communication skills within technical content.** AFN31