Kentucky CTE

Family and Consumer Sciences: Foods and Nutrition

Determine how changes in technology have increased food choices. FN1	**1 Determine how changes in technology have increased food choices.** FN1
Identify these influences and trends related to food choices: FN2	**a physical** FN2A
	b social FN2B
	c cultural FN2C
	d economic FN2D
Explain how digestion turns food into usable nutrients. FN3	**3 Explain how digestion turns food into usable nutrients.** FN3
Propose a balanced meal plan using the Dietary Guidelines for Americans and MyPlate. FN4	**4 Propose a balanced meal plan using the Dietary Guidelines for Americans and MyPlate.** FN4
Examine how personal food choice affects nutrition, personal wellness, and maintaining a healthy weight. FN5	**5 Examine how personal food choice affects nutrition, personal wellness, and maintaining a healthy weight.** FN5
Research various eating disorders and identify sources of help. FN6	**6 Research various eating disorders and identify sources of help.** FN6
De pr Skip to main content	**emonstrate and/or practice basic cooking methods to prepare a variety of oods.** FN7

methods to prepare a variety of foods. FN7	
Identify and use basic kitchen equipment and tools. FN8	8 Identify and use basic kitchen equipment and tools. FN8
Manage a safe, effective, and productive lab while utilizing teamwork. FN9	9 Manage a safe, effective, and productive lab while utilizing teamwork. FN9
Practice measuring techniques for liquid and dry ingredients. FN10	10 Practice measuring techniques for liquid and dry ingredients. FN10
Change yield of recipe. FN11	11 Change yield of recipe. FN11
Inspect food labels for nutrition and food additives. FN12	12 Inspect food labels for nutrition and food additives. FN12
Recognize the value of following a shopping plan for food. FN13	13 Recognize the value of following a shopping plan for food. FN13
Calculate the difference in cost and identify variances in nutrition among semi-prepared, fully prepared convenience meals, fast food or other quick service meals, and home prepared foods. FN14	14 Calculate the difference in cost and identify variances in nutrition among semi-prepared, fully prepared convenience meals, fast food or other quick service meals, and home prepared foods. FN14
Calculate unit price using comparison shopping methods; compare labels to create a meal plan based on cost and personal nutrition needs. FN15	15 Calculate unit price using comparison shopping methods; compare labels to create a meal plan based on cost and personal nutrition needs. FN15
Ex co	Skip to main content Examine and select convenience foods according to time saved, cost and quality. FN16

according to time saved, cost and quality. FN16		
Identify and practice various types of food presentation techniques. FN17	17	Identify and practice various types of food presentation techniques. FN17
Practice dining etiquette and table set up when eating at a restaurant or in the home. FN18	18	Practice dining etiquette and table set up when eating at a restaurant or in the home. FN18
Demonstrate waste disposal and recycling methods. FN19	19	Demonstrate waste disposal and recycling methods. FN19
Demonstrate proper safety, sanitation, storage and preparation techniques in handling food from purchase, preparation, cooking, cooling, to reheating. FN20	20	Demonstrate proper safety, sanitation, storage and preparation techniques in handling food from purchase, preparation, cooking, cooling, to reheating. FN20
Categorize careers in nutrition and food service according to skill required and type of job. FN21	21	Categorize careers in nutrition and food service according to skill required and type of job. FN21
Assess employment opportunities and preparation requirements. FN22	22	Assess employment opportunities and preparation requirements. FN22
Demonstrate employability and social skills relevant to the career cluster. FN23	23	Demonstrate employability and social skills relevant to the career cluster. FN23
Demonstrate safe, sanitary work habits required by the fie	24	Demonstrate safe, sanitary work habits required by the field. FN24

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Demonstrate written, verbal and non-verbal communication skills. FN25	**25 Demonstrate written, verbal and non-verbal communication skills.** FN25
Demonstrate and practice knowledge of food service safety and sanitation procedures and the factors that contribute to food borne illnesses. FN26	**26 Demonstrate and practice knowledge of food service safety and sanitation procedures and the factors that contribute to food borne illnesses.** FN26
Apply time management skills. FN27	**27 Apply time management skills.** FN27
Demonstrate employability and social skills relevant to the industry. FN28	**28 Demonstrate employability and social skills relevant to the industry.** FN28
Utilize activities of the Family, Career and Community Leaders of America (FCCLA) student organization as an integral component of course content and leadership development. FN29	**29 Utilize activities of the Family, Career and Community Leaders of America (FCCLA) student organization as an integral component of course content and leadership development.** FN29
Apply math, science, and communication skills within technical content. FN30	**30 Apply math, science, and communication skills within technical content.** FN30