

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**

Demonstrate and/or practice basic cooking

7 Demonstrate and/or practice basic cooking methods to prepare a variety of foods. **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](#)

Examine and select convenience foods

16 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
field. FN24

24 Demonstrate safe, sanitary work habits required by the field. FN24

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

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Apply math, science, and communication skills within technical content. FN30

30 Apply math, science, and communication skills within technical content. FN30