Nebraska CTE

Fundamentals of Nutrition and Culinary Essentials

HUMAN SCIENCES AND EDUCATION HSE.HS.21

1 **Apply skills to meet career goals within the food, nutrition, and culinary industries.** HSE.HS.21.1

- a Demonstrate working as a member of a diverse team. HSE.HS.21.1.A
- b Demonstrate professional practices required in the workplace. HSE.HS.21.1.B
- c Summarize roles, responsibilities, education, training, and credentialing requirements for careers within the food, nutrition, and culinary industries. HSE.HS.21.1.C
- d Compare and contrast personal strengths, talents, interests, and passions to the skills and traits required of the workplace. HSE.HS.21.1.D

2 **Analyze U.S. and global food systems and their impact on personal health.** HSE.HS.21.2

- a Compare and contrast definitions of health and wellness. HSE.HS.21.2.A
- b Analyze farm to table for a variety of food products grown locally and globally. HSE.HS.21.2.B
- c Identify issues surrounding global production of food and how sustainability and conservation practices are connected. HSE.HS.21.2.C

3 **Analyze the six essential nutrients and their purposes in the body.** HSE.HS.21.3

- a Identify key bodily functions of the six essential nutrients and the components of each. HSE.HS.21.3.A
- b Summarize the digestion, absorption, and metabolic processes associated with the use of nutrients in the digestive system. HSE.HS.21.3.B
- c Identify the nutrient density of a variety of foods for each of the nutrients. HSE.HS.21.3.C
- d Interpret the impact and effects of over or underconsumption of each nutrient. HSE.HS.21.3.D
- e Explain the concept of calories and energy density of foods. HSE.HS.21.3.E
- f Apply nutrition mathematical concepts to calculate energy from nutrients and the energy composition of a food item. HSE.HS.21.3.F

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4 **ntegrate current dietary recommendations and guidelines to plan and analyze a ealthy diet.** HSE.HS.21.4

a Recognize reliable sources of nutrition information (e.g., Dietary Reference Intakes, Dietary Guidelines, MyPlate model, food labels). HSE.HS.21.4.A

b Compare and contrast personal eating habits to current recommendations for a healthy diet. HSE.HS.21.4.B

c Apply current dietary recommendations and guidelines to meal planning. HSE.HS.21.4.C

d Identify package labeling components. HSE.HS.21.4.D

e Analyze the Nutrition Facts label to determine nutrient contributions of a variety of foods. HSE.HS.21.4.E

5 **Demonstrate effective food and kitchen safety and sanitation procedures.** HSE.HS.21.5

a Identify microorganisms which are related to food spoilage and foodborne illnesses. HSE.HS.21.5.A

b Apply proper personal hygiene, health habits, and industry-standard apparel. HSE.HS.21.5.B

c Sequence the requirements for proper receiving and storage of prepared foods and identify signs of food spoilage and contamination (e.g., FIFO - first in first out). HSE.HS.21.5.C

d Identify the critical control points and the Temperature Danger Zone during all food handling processes as a method for minimizing the risk of foodborne illness (HACCP system). HSE.HS.21.5.D

e Demonstrate kitchen safety practices to prevent accidents (e.g., slips, burns, fires, shock, cuts, equipment accidents, poisoning). HSE.HS.21.5.E

f Implement a safety and sanitation inspection and identify modifications necessary for compliance with standards. HSE.HS.21.5.F

6 **Demonstrate foundational food preparation techniques.** HSE.HS.21.6

a Demonstrate foundational culinary techniques (measuring, knife skills, folding, creaming) and correct use of kitchen equipment. HSE.HS.21.6.A

b Demonstrate mise en place. HSE.HS.21.6.B

c Demonstrate proper scaling techniques to convert recipes to yield smaller and larger quantities. HSE.HS.21.6.C

d Apply the fundamentals of time, temperature, and cooking methods (dry, moist, combination) to cooking, cooling, reheating, and holding a variety of foods. HSE.HS.21.6.D

e Demonstrate the preparation techniques for common essential nutrient-dense food sources (fruits, vegetables, proteins, carbohydrates, dairy products). HSE.HS.21.6.E

f Label and store fresh and finished food products appropriately to reduce spoilage. HSE.HS.21.6.F

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Create a meal plan based on the dietary recommendations for individuals and families across the lifespan. HSE.HS.21.7

a Identify food purchasing strategies used by consumers (e.g., store layout, comparison shopping). HSE.HS.21.7.A

b Develop a market order and time management plan. HSE.HS.21.7.B

c Identify the categories of a menu (e.g., appetizers, sandwiches, entrees). HSE.HS.21.7.C

d Apply recommended portion sizes to food preparation and serving. HSE.HS.21.7.D

e Recognize and make dietary modifications for special dietary needs. HSE.HS.21.7.E