North Carolina CTE

Food and Nutrition 1 (2025)

Understand the relationship between food choices and health. 1.00	**1 Remember influences on food choices.** 1.01
	2 Understand guidelines for healthy eating. 1.02
Understand fundamentals of food preparation. 2.00	**1 Understand kitchen safety.** 2.01
	1 Understand safe food handling procedures. 2.02
	2 Remember equipment and procedures for its use and care. 2.03
	3 Remember measuring, cutting/preparation, mixing, and cooking/cleaning terms. 2.04
	4 Remember recipe parts, sources, and adjustments. 2.05
	5 Understand processes and benefits of a work plan and teamwork for preparing healthy foods. 2.06
Understand procedures, nutrition, and cooking methods in food preparation. 3.00	**1 Understand procedures, nutrition, and cooking methods in fruit and vegetable preparation.** 3.01
	2 Understand procedures, nutrition, and cooking methods in dairy preparation. 3.02
	3 Understand procedures, nutrition, and cooking methods in grain preparation. 3.03
	4 Understand procedures, nutrition, and cooking methods in protein preparation. 3.04
Understand procedures, equipment, and techniques applied to baking production. 4.00	**1 Understand procedures to prepare quick bread products.** 4.01
	2 Understand procedures to prepare yeast bread products. 4.02
	3 Understand procedures to prepare cakes and frostings. (SUPPLEMENTAL) 4.03
Un pri for	**Understand the principles of basic table setting and meal service.** 5.01
	Understand the principles of table manners. 5.02

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Apply methods for meal planning and preparation. 6.00

1. **Understand strategies in meal planning.** 6.01
2. **Understand strategies for purchasing food.** 6.02
3. **Apply methods to prepare healthy meals.** 6.03