

Foods I (2010): Grades 9, 10, 11, 12

Adopted 2010

Food Preparation, Processes and Methods

00. Understand methods for safety, sanitation, processes and conserving resources. 1.00

- 01. Understand safety and sanitation for food preparation. 1.01
- 02. Understand processes and benefits of a work plan and teamwork for preparing healthy foods. 1.02
- 03. Understand food conservation practices. 1.03

00. Understand methods for food preparation. 2.00

- 01. Remember recipe parts and sources. 2.01
- 02. Remember equipment and procedures for its use and care. 2.02
- 03. Remember measuring, cutting/preparation, mixing, and cooking/cleaning terms. 2.03
- 04. Understand how to interpret food label information and adjust recipes. 2.04
- 05. Understand procedures, equipment and cooking methods in food preparation. 2.05

Food Choices, Health, Resources, and Meal Preparation

00. Understand the principles of etiquette for meal service. 3.00

- 01. Understand the principles of basic table setting and meal service. 3.01
- 02. Understand the principles of table manners. 3.02

00. Understand the relationship between food choices and health. 4.00

- 01. Understand the six nutrient groups in food. 4.01
- 02. Understand nutritional needs through the life cycle, special nutritional needs, and types of eating plans. 4.02

00. Understand food choices. 5.00

- 01. Understand influences on food choices. 5.01
- 02. Understand guidelines for healthful food choices. 5.02

00. Apply methods for meal planning and preparation. 6.00

- 01. Understand strategies of selecting and storing food. 6.01

02. Understand strategies in meal planning. 6.02

03. Apply methods to prepare healthy meals and snacks. 6.03