North Carolina CTE

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

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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