South Carolina CTE

Food and Nutrition 1 (2023)

NUTRITION FN1A

1 Analyze factors that influence nutrition and wellness. FN1A1

1. Engage: Identify factors that affect food choices in nutrition and wellness. FN1A1.1
2. Explore: Explain the digestive process and its stages. FN1A1.2
3. Explain: Investigate the functions, requirements, and food sources of the six essential nutrients. FN1A1.3
4. Extend: Describe a Nutrition Facts label, its content, and how to use it. FN1A1.4
5. Evaluate: Integrate USDA Guidelines in planning daily dietary intake and preparing foods. FN1A1.5

SAFETY AND SANITATION FN1B

1 Implement safety and sanitation procedures. FN1B1

1. Engage: Identify the consequences of safety and sanitation procedures. FN1B1.1
2. Explore: Demonstrate procedures that promote safety and sanitation during food preparation. FN1B1.2
3. Explain: Explain physical, biological, and chemical food contamination sources. FN1B1.3
4. Extend: Analyze public dialogue about food safety and sanitation. FN1B1.4
5. Evaluate: Evaluate factors that affect food safety from production through consumption. FN1B1.5

ETIQUETTE AND TABLE SETTING FN1C

1 Demonstrate etiquette and table setting for various occasions. FN1C1

1. Engage: Identify acceptable etiquette for various occasions. FN1C1.1
2. Explore: Explain table settings for various occasions. FN1C1.2
3. Explain: Demonstrate the placement of components used in table settings for different occasions. FN1C1.3
4. Extend: Analyze proper etiquette and dress in various social and professional events. FN1C1.4
5. Evaluate: Simulate proper etiquette for a variety of formal and informal occasions, including professional functions. FN1C1.5

EQUIPPING THE KI

1 Explain design, organization, and management of kitchens and equipment. FN1D1

1. Engage: Identify common kitchen floor plans. FN1D1.1
2. Explore: Describe the composition of a work triangle. FN1D1.2

Skip to main content

3 Explain: Explain universal design in kitchen floor plans. FN1D1.3

4 Extend: Compare features when selecting kitchen components and appliances. FN1D1.4

5 Evaluate: Analyze the use and care of utensils, knives, and food preparation equipment. FN1D1.5

PREPARATION FN1E

1 **Demonstrate basic food preparation methods and techniques.** FN1E1

1 Engage: Explain how to follow and modify recipes. FN1E1.1

2 Explore: Investigate food science principles in food preparation. FN1E1.2

3 Explain: Compare various cooking methods. FN1E1.3

4 Extend: Demonstrate food preparation techniques. FN1E1.4

5 Evaluate: Evaluate food products for taste, texture, and presentation. FN1E1.5

CAREER PATHWAYS AND PROFESSIONALISM FN1F

1 **Analyze career pathways and professionalism in food and nutrition industries.** FN1F1

1 Engage: Identify career pathways in foods and nutrition. FN1F1.1

2 Explore: Explain the roles and functions of individuals engaged in food and nutrition careers. FN1F1.2

3 Explain: Compare occupation and preparation requirements for careers in nutrition and food industries. FN1F1.3

4 Extend: Demonstrate workplace readiness skills and knowledge for professional employment in the food and nutrition industry. FN1F1.4

5 Evaluate: Analyze the role of student and professional organizations in food and nutrition careers. FN1F1.5