FOOD AND NUTRITION 1 ACADEMIC STANDARDS and CURRICULUM RESOURCE Course Code: 5824

4 July 2015 Human Services Cluster South Carolina Family and Consumer Sciences

A. ACADEMICS FOR ALIGNMENT

B. NUTRITION B1. Analyze factors needed for nutritional wellness. 1. Identify the functions, requirements, and food sources of the nutrients. 2. Assess the effects of nutritional intake on personal health 3. Integrate USDA Guidelines in planning and preparing foods to meet nutrition and wellness needs.

C. SAFETY AND SANITATION C1. Implement safety and sanitation procedures. 1. Demonstrate procedures that promote safety and sanitation during food preparation.

D. FOOD PREPARATION D1. Demonstrate skills needed prepare recipes. 1. Demonstrate proper procedures for measuring ingredients. 2. Explain the use and care of utensils and equipment for food preparation. 3. Implement efficient practices when preparing food. 4. Demonstrate skills needed to prepare recipes.

E. ETIQUETTE AND TABLE SETTING E1. Apply appropriate etiquette and table setting for various settings and occasions. 1. Identify acceptable table manners and etiquette for various occasions. 2. Identify the placement of components used in a table setting for different settings and occasions. 3. Demonstrate proper etiquette in various social and professional settings.

F. CAREER F1. Identify career opportunities in foods and nutrition. 1. Identify careers in foods and nutrition. 2. Demonstrate workplace readiness skills