

## Standards and Competencies for Nutrition and Foods (Course # 5609)

	Begin-End Yr
Standard 1 - Demonstrate leadership, citizenship and teamwork skills required for success in the family, workplace and community.	2009 -
1.1 - Examine the components of Family, Career and Community Leaders of America (FCCLA), the co-curricular student organization, and the relationship to the Nutrition and Foods course of study.	2009 -
1.2 - Plan activities using the FCCLA planning process	2009 -
1.3 - Apply leadership, citizenship and teamwork skills as an integral part of classroom activities	2009 -
Standard 2 - Analyze factors that influence nutrition and food practices in a multi-cultural society	2009 -
2.1 - Examine the influence of social, psychological, technological, governmental and scientific developments on nutrition and food practices.	2009 -
2.2 - Evaluate food habits and meal patterns in terms of family values, customs and cultural influences	2009 -
2.3 - Investigate current health concerns related to nutrition and foods.	2009 -
Standard 3 - Evaluate the nutritional needs of individuals and families in relations to health and wellness across the life span	2009 -
3.1 - Illustrate basic principles of nutrition to promote healthy food choices	2009 -
3.2 - Assess the effect of nutrients on health, appearance and peak performance.	2009 -
3.3 - Research the problems of obesity and eating disorders and identify factors that contribute to their prevention.	2009 -
3.4 - Demonstrate the use of current dietary guidelines in meeting individual nutritional needs of individuals and families across the life span.	2009 -
Standard 4 - Demonstrate safety and sanitation procedures when handling, preparing, storing, and serving food	2009 -
4.1 - Identify potential health and wellness risks involving safety and sanitation hazards in the kitchen	2009 -
4.2 - Acquire 100 percent mastery on safety and sanitation standards needed to ensure a safe environment for laboratory experiences.	2009 -
4.3 - Practice safety and sanitation procedures when handling, preparing, storing and serving food	2009 -
Standard 5 - Demonstrate ability to select, prepare and serve nutritious and aesthetically pleasing foods	2009 -
5.1 - Examine the effects of various kitchen designs, tools, equipment and technology on food preparation	2009 -
5.2 - Apply basic food preparation principles when preparing selected goods.	2009 -
5.3 - Identify science principles of food preparation.	2009 -
5.4 - Demonstrate appropriate dining etiquette and table service.	2009 -
5.5 - Plan and evaluate individual and family meals	2009 -
Standard 6 - Explore career opportunities and preparation requirements for careers in the nutrition and food industries	2009 -
6.1 - Assess and compare personal qualifications, interest, values and educational preparation necessary for employment in the nutrition and foods industry.	2009 -
6.2 - Examine jobs and preparation requirements for careers in nutrition and foods industries	2009 -
Standard 7 - Apply consumer practices in the selection of food to meet nutritional needs and equipment used in food preparation	2009 -
7.1 - Describe a variety of factors affecting consumer food purchases.	2009 -
7.2 - Investigate the impact of global and local events and conditions on nutrition and food choices and practices	2009 -
7.3 - Describe decisions to be made for purchasing kitchen equipment and appliances	2009 -
7.4 - Examine legislation and regulations related to nutrition and foods (nutrition labels, meat inspection, etc.)	2009 -
7.5 - Compare nutritional information of food products and recipes.	2009 -
7.6 - Evaluate nutritional information reliability and claims made for dietary supplements, diet aids and diet fads	2009 -
Standard 8 - Research and evaluate ethnic and foreign foods.	2009 -
8.1 - Describe the origins of foods of the seven main regions of the United States (new England, Mid-Atlantic, South, Midwest, West and Southwest, Pacific Coast and Hawaiian Islands) and Canada.	2009 -
8.2 - Prepare foods representative of the seven main regions and Canada.	2009 -
8.3 - Identify and research food customs of Latin America, Europe, the Mediterranean Countries, the Middle East and Africa, and Asia.	2009 -
8.4 - Prepare foods native to Latin America, Europe, the Mediterranean Countries, the Middle East and Africa, and Asia.	2009 -