



<b>Course Title: Foods and Nutrition 1</b>		
<p><u>Description:</u> Foods and Nutrition 1 is a basic course in nutrition, food preparation, and meal management. Emphasized are the benefits of proper nutrition, kitchen math and measurements, recommended food preparation and handling techniques. Skills are developed in the preparation of a variety of foods. This course articulates with Iowa community colleges.</p>		
<b><u>Reporting Topic</u></b>	<b><u>Grade Level Standards</u></b>	<b><u>Competency Statement</u></b>
<b><u>Food and Kitchen Safety</u></b>	<ul style="list-style-type: none"> <li>• Demonstrate professional skills in safe handling of knives, tools, and equipment. 8.5.1</li> <li>• Analyze factors that contribute to food borne illness. 9.2.1</li> <li>• Demonstrate practices and procedures that assure personal and workplace health and hygiene 9.2.5</li> </ul>	Students will be able to practice kitchen and food safety.
<b><u>Nutrition Basics</u></b>	<ul style="list-style-type: none"> <li>• Analyze nutritional data. 9.3.2</li> </ul>	Students will be able to read and understand nutrition labels to make good choices.
<b><u>Cleaning and Sanitization</u></b>	<ul style="list-style-type: none"> <li>• Maintain test kitchen/laboratory and related equipment and supplies 9.5.4</li> </ul>	Students will keep a clean and sanitary kitchen.
<b><u>Lab Evaluations</u></b>	<ul style="list-style-type: none"> <li>• Conduct sensory evaluations of food products. 9.5.6</li> </ul>	Students will evaluate and describe food products using sensory adjectives.
<b><u>Cooking Methods</u></b>	<ul style="list-style-type: none"> <li>• Demonstrate professional skill for a variety of cooking methods including roasting, broiling, sauteing, deep frying, steaming, and baking using professional equipment and current technologies. 8.5.2</li> </ul>	Students will know various cooking methods and use them correctly.
<b><u>Measuring Skills</u></b>	<ul style="list-style-type: none"> <li>• Utilize weights and measurement tools to demonstrate knowledge of portion control and proper scaling and measurement techniques 8.5.3</li> </ul>	Students will measure various types of ingredients correctly.
<b><u>Fruits and Vegetables</u></b>	<ul style="list-style-type: none"> <li>• Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding a variety of foods. 8.5.4</li> <li>• Prepare various fruits, vegetables, and legumes, using safe handling and professional preparation techniques. 8.5.7</li> <li>• Prepare food for presentation and assessment. 9.5.3</li> </ul>	Students will be able to prepare fruits and vegetables in a variety of ways.



<p><b><u>Grains and Pasta</u></b></p>	<ul style="list-style-type: none"><li>● Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding a variety of foods. 8.5.4</li><li>● Prepare various starches using safe handling and professional preparation techniques. 8.5.7</li><li>● Prepare food for presentation and assessment. 9.5.3</li></ul>	<p>Students will be able to apply different starch cooking methods in the kitchen.</p>
<p><b><u>Egg Basics</u></b></p>	<ul style="list-style-type: none"><li>● Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding a variety of foods. 8.5.4</li><li>● Prepare breakfast meats and eggs. 8.5.11</li><li>● Prepare food for presentation and assessment. 9.5.3</li></ul>	<p>Students will be able to prepare eggs in a variety of methods.</p>