



<u>Course Title:</u> <b>Foods &amp; Nutrition 2</b>		
<p><u>Description:</u> Foods and Nutrition 2 is a continuation of Foods and Nutrition. Students will continue learning about preparing different foods with many hands-on experiences. Students will also be investigating various diets and analyzing their own nutritional intake. 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.</p> <p><u>Prerequisite:</u> Food and Nutrition 1 with a C or better</p>		
<b><u>Reporting Topic</u></b>	<b><u>Course Level Standards</u></b>	<b><u>Competency Statement</u></b>
<b><u>Food &amp; 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>• 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>Applying Nutrition Basics</u></b>	<ul style="list-style-type: none"> <li>• Analyze nutritional data. 9.3.2</li> <li>• Critique the selection of foods to promote a healthy lifestyle. 9.3.6</li> <li>• Analyze nutritional needs of individuals. 9.4.1</li> </ul>	Students will be able to read and understand nutrition labels and make good choices.
<b><u>Cleaning and Sanitization</u></b>	<ul style="list-style-type: none"> <li>• Maintain a 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, pan frying, deep frying, braising, stewing, and poaching 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>Preparing Poultry and Meat</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 meats and poultry using safe handling and professional preparation techniques. 8.5.5</li><li>● Prepare food for presentation and assessment. 9.5.3</li></ul>	Students will be able to prepare poultry and meat in a variety of ways.
<b><u>Preparing Soups and Sauces</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 stocks, soups, and sauces using safe handling and professional preparation techniques. 8.5.6</li><li>● Prepare various starches, fats, and oils 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 soups and sauces in a variety of ways.
<b><u>Advanced Egg Skills</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 breakfast meats, eggs, cereals, and batter 8.5.11</li><li>● Prepare food for presentation and assessment. 9.5.3</li></ul>	Students will be able to prepare eggs using advanced techniques in a variety of methods.
<b><u>Herbs and Spices</u></b>	<ul style="list-style-type: none"><li>● Prepare various salads, dressings, marinades, and spices using safe handling and professional preparation techniques. 8.5.8</li><li>● Demonstrate cooking methods that increase nutritional value, lower calorie and fat content, and utilize herbs and spices to enhance flavor. 8.5.14</li></ul>	Students will be able to utilize various herbs and spices to add flavor.