**First Foods Competency Assessment**

|  |  |  |
| --- | --- | --- |
| **Core Competency** | **Targeted Competencies** | **Assessment/Evidence** |
| Safety and Sanitation | -Determine conditions and practices that promote safe food handling  -Demonstrate food safety and sanitation procedures  -Practice good personal hygiene/health procedures -Practice proper knife skills | -Safety/Sanitation Written Exam (100% required)  -Lab Performance Rubric (LPR) |
| Nutrition | -Evaluate the nutritional needs of individuals in relation to health.  -Appraise and interpret nutritional data | -Evaluate nutritional content of: Pumpkin Muffin or Banana Oat Muffin recipe  -Determine the nutritional value of the Vegetable Stir-fry recipe  -Eat Your Colors Poster Research Project/Oral Presentation /Rubric  -Written assignments (individual chapter )  -Reading chapters in text with study guide questions  -Chapter quiz/test |
| Basic recipe computation and kitchen math skills | -Identify tools by appropriate name -Identify the abbreviations and cooking terms used in food preparation  -Demonstrate skills in knife, tool and equipment handling  -Utilize appropriate measuring tools to demonstrate proper measuring techniques  -Using standard measurements, apply equivalents to increase or decrease recipes  -Apply the fundamentals of time and temperature to cooking, cooling, and reheating of a variety of foods | -Tool Hunt  -Kitchen Math Booklet  -Kitchen Math and Equipment Test  -Various labs (w/ LPR) |
| Preparation of food products in the lab | -Identify ingredients and their functions in baking  -Prepare various stocks, soups, and sauces  -Prepare various fruits and vegetables  -Prepare baked goods and desserts  -Prepare eggs and dairy products items  -Demonstrate food presentation techniques | -Various labs (w/ LPR or standards rubric) |
|  | **Core Performance Assessments** |  |
|  | -Safety/Sanitation Written Exam  -Eat Your Colors Poster Research Project/Oral Presentation /Rubric  - Kitchen Math and Equipment Test -Labs/Rubrics including:  \* Pasta sauces w/ Italian Bread  \* Cream Puffs w/ Custard Filling  \*What’s Missing? Cupcake Lab   \*Vegetable Stir-fry Analysis  -Two Part Final Exam-  \*Individual Lab Exam - (standards rubric completed by both student and teacher)  \*Written exam |  |