**First Foods Competency Assessment**

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| **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 |  |