**VEX-1 Chow Down with Children**

 **Competency Assessment**

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| **Core Competency** | **Targeted Competencies** | **Assessment/Evidence** |
| Children and Safety | -Identify ways to childproof the home-Describe how to prevent accidents inside and outside the home- Explain ways to monitor children at all times-Examine basic first aid techniques- Demonstrate basic kitchen safety & sanitation | -Chapter 10.1 and 10.2 reading and 2-column notes-Homework: Childproofing a room at home-Basic Kitchen Safety Test |
| Babysitting | -Describe babysitting responsibilities-Identify job tips for beginner babysitters-Apply math functions to become financially literate dealing with babysitting income- Summarize infant, toddler and preschool care | -Viewing and Listening- Babysitting -DVD and You-Tube Clips-Babysitting Income-Seeking Babysitters- advertisement -Babysitting Resource Binder |
| Importance of Breakfast | -Explain the value of eating a healthy breakfast -Describe reasons why breakfast skippers may not function as well- Determine the importance for fueling your body in the morning | -Read article- “The Benefits of Breakfast” from 2011 Current Health-Viewing and Listening- Healthy Breakfast DVD-Radio commercial-Poster/pamphlet project |
| Basic Recipe Reading and Equipment Usage in the Lab Setting | -Demonstrate correct measurement techniques-Understand cooking terms when preparing recipes- Utilize proper basic equipment when preparing foods in the lab-Demonstrate food presentation techniques | -Assorted labs: healthy breakfast recipes-Guests |
|  | **Core Performance Assessments** |  |
|  | Safety testBabysitting resource binderPoster/pamphletGuests/Lab Performance Rubric |  |