**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 test  Babysitting resource binder  Poster/pamphlet  Guests/Lab Performance Rubric |  |