**VEX-2 Fuel with Food**

 **Competency Assessment**

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| **Core Competency** | **Targeted Competencies** | **Assessment/Evidence** |
| Kitchen Safety | -Apply food safety practices-Demonstrate safety and sanitation procedures-Identify the 5 most common kitchen accidents | -Chapter 21.1 reading and 2-column notes-Written safety test |
| Nutrition: MyPlate and the Dietary Guidelines | -Identify the 6 major nutrients-Explain how MyPlate can help you have a healthy lifestyle-Identify examples of healthful eating patterns | -Chapter 19.1 and 19.2 reading and 2-column notes-Nutrient graphic organizer-Create a Great Plate MyPlate Dietary Guidelines DVD |
| Menu Planning and Service | -Identify the foods groups when planning nutritious meals-Describe the information you can find on food labels-Demonstrate correct table manners-Create pleasing and appropriate table settings | -Chapter 22.1 and 22.2 reading-Food label comparison activity-Plan a meal using classroom food models-Table Manners Murders- DVD & Activity-Set table properly for assorted labs |
| Cooking Basics | -Demonstrate correct measurement techniques-Understand cooking terms when preparing recipes- Utilize proper basic equipment when preparing foods in the lab-Demonstrate food presentation techniques | -Chapter 21.2 and 22.2 review-Assorted labs -Various math skill sheets |
|  | **Core Performance Assessments** |  |
|  | -Safety test-Meal Planning Activity-Lab Performance Rubric |  |