**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 |  |