



FOOD AND NUTRITION 1

COURSE DESCRIPTION

This course is designed to focus on the science of food and nutrition. Experiences will include food safety and sanitation, culinary technology, food preparation and dietary analysis to develop a healthy life style with pathways to career readiness.

STRANDS

Consistently demonstrate kitchen safety procedures and sanitation techniques

Apply the skills of kitchen equipment and management

Identify the sources and function of carbohydrates and fiber and apply appropriate food preparation techniques

Identify the sources and functions of proteins and lipids (fats and oils) and apply appropriate food preparation techniques

Identify the sources and functions of select vitamins, minerals, and water and apply appropriate food preparation techniques to foods high in these nutrients

Explore the current Dietary Guidelines and ChooseMyPlate.gov

SKILL CERTIFICATION PERFORMANCE OBJECTIVES: Test #340

Complete FCCLA Step One

Consistently demonstrate preventative practices related to kitchen safety and sanitation procedures

Complete food and kitchen safety training comparable to that required for the ServSafe Food Handlers Certificate with the option to acquire a Food Handlers Permit from your county Health Department through the Utah Restaurant Association

Consistently demonstrate proper measuring and preparation techniques while preparing a recipe

Actively participate in the preparation of a complex carbohydrate food from scratch. Compare the nutritional content and cost of a comparable convenience food vs. the complex carbohydrate food from scratch



DAVIS ESSENTIAL SKILLS AND KNOWLEDGE

Actively participate in the preparation of a complete and/or complimentary protein food from scratch. Compare the nutritional content and cost of a comparable convenience food vs. the complete and/or complimentary food from scratch.

Actively participate in the preparation of a low-fat food. Compare the nutritional content and cost of a comparable high-fat food vs. the low-fat food

Actively participate in the preparation of a canned/frozen and/or fresh produce food. Compare the nutritional content and cost of a comparable canned/frozen vs. fresh produce food

Evaluate and analyze a personal dietary intake for one or more days according to the dietary guidelines and MyPlate