



## **FOOD AND NUTRITION 2**

### **COURSE DESCRIPTION**

This course is designed to focus on principles of food preparation, sports nutrition, consumerism, and career options in the food industry. The study and application of nutrition, sanitation, food sciences and technology in this course provides students with laboratory-based experiences.

### **STRANDS**

Review and apply the skills of kitchen management, safety and sanitation

Explore changing nutritional needs through the life span and health concerns related to diet

Explore the purposes of planning meals: provide good nutrition, control cost, and present a complete dining experience

Explore preparation principles of yeast breads

Identify commonly used meat and poultry and appropriate preparation techniques

Identify the purpose of and explore preparation techniques of salads

Explore and prepare soups and sauces

Demonstrate food preparation techniques of pies

Explore career options and employment skills required in the food and hospitality industries

### **SKILL CERTIFICATION PERFORMANCE OBJECTIVES: Test #343**

Adjust a 4-serving recipe to yield 2, 8, and 16

Demonstrate 4 of the 6 knife cuts

Actively participate in the preparation of a nutrient dense food addressing any of the concerns in Strand 2

Actively participate in the preparation of yeast bread

Actively participate in the preparation of meat or poultry and use a thermometer to confirm the product has been heated to the proper internal temperature



## DAVIS ESSENTIAL SKILLS AND KNOWLEDGE

Actively participate in the preparation of a salad

Actively participate in the preparation of a mother sauce, thick soup, or stock soup

Actively participate in the preparation of a pie or tart

Research a career in the food and hospitality industries using multiple sources (personal interview, internet, [utahfutures.org](http://utahfutures.org), and periodicals) and present your findings