

Food and Nutrition 1

Course Description

This course is the foundational course in the Culinary Arts Pathway and the Food Science, Dietetic and Nutrition Pathway. Experiences will include food safety and sanitation, culinary techniques, food selection, and basic nutrition with a focus on career readiness. Student leadership and competitive events (FCCLA) may be integrated into this course.

Priority Standards / CTE 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 apply appropriate food preparation techniques.
- Identify the sources and functions of proteins and fats/lipids 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 healthy nutrition guidelines.

Performance Skills

- Complete FCCLA Step One
- Complete food safety instruction and an assessment comparable to that required for the Food Handlers Permit.
- Actively participate in the preparation of a nutrient dense carbohydrate food.
- Actively participate in the preparation of a nutrient dense protein food.
- Actively participate in the preparation of a nutrient dense produce food.
- Plan and evaluate a one-day menu based on healthy nutrition guidelines.
- FCCLA Integration into the course.
- Develop professional and interpersonal skills needed for success in industry.

