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 that will strengthen their comprehension of concepts and standards outlined in Science, Technology, Engineering and Math (STEM) education.

Priority Standards / CTE Strands

- Review and apply the skills of kitchen management, safety and sanitation.
- Explore the 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 baking and pastry field basics.
- Identify commonly used meat and poultry and appropriate preparation techniques.
- Identify the purpose of and explore preparation techniques of salads.
- Students will explore and prepare soups and sauces.
- Students will explore career options and employment skills required in the food, nutrition, food science, and agriculture industries.

Performance Skills

- Demonstrate changing the yield in a recipe by adjusting a 4 serving recipe to yield 2, 8 and 16.
- Correctly 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 a pie or tart.
- 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.
- Actively participate in the preparation of a salad.
- Actively participate in the preparation of a mother sauce or soup.
- Students will explore career options and employment skills required in the food and hospitality industries.
- Research a career in the food nutrition, food science, and agriculture industries using multiple sources (personal interview, internet, and periodicals) and present your findings.
- FCCLA Integration into the course.
- Develop professional and interpersonal skills needed for success in industry.