
Coal City Unit District #1
Foods & Nutrition 1
Career and Technical Curriculum

CTE.FN1:1 Students will be able to analyze the importance of nutrition, culture, and technology on our food choices. (NFACS 1.1, 1.2; 9.5; 14.1; 14.2; 14.3; 9.1)

- CTE.FN1:1-1 Explain how food helps meet physical and psychological needs.
- CTE.FN1:1-2 Describe how food choices are influenced.
- CTE.FN1:1-3 Identify the aspects of culture.
- CTE.FN1:1-4 Identify different cultural food customs.
- CTE.FN1:1-5 Determine how science is related to nutrition and food preparation.
- CTE.FN1:1-6 Identify how chemicals in the body are related to nutrition.

CTE.FN1:2 Students will be able to apply knowledge of food safety, sanitation, and recipe skills to begin preparing recipes in a laboratory setting. (NFACS 8.2; 8.3; 9.2; 5.3; 5.5; 14.3; 14.4; 14.5)

- CTE.FN1:2-1 Define and give examples of major appliances, small appliances, and utensils.
- CTE.FN1:2-2 Explain what a work center is and identify the three basic kitchen work centers.
- CTE.FN1:2-3 Evaluate and analyze methods and characteristics of safety and sanitation.
- CTE.FN1:2-4 Evaluate all aspects of recipes.
- CTE.FN1:2-5 Identify all aspects of recipes.
- CTE.FN1:2-6 Describe all aspects of recipes.
- CTE.FN1:2-7 Explain how to change a recipe.
- CTE.FN1:2-8 Describe, give examples of how to work effectively and efficiently in any kitchen environment.

CTE.FN1:3 Students will be able to determine proper cooking procedures and cooking tools for preparation and cooking of any type of food. (NFACS 14.3; 9.6; 9.3; 8.5; 8.3)

- CTE.FN1:3-1 Describe how cooktops and conventional, convection, and microwave ovens work.
- CTE.FN1:3-2 Identify cookware, bakeware, and cooking tools.
- CTE.FN1:3-3 Explain how heat is transferred and how it changes food.
- CTE.FN1:3-4 Explain each type of cooking method and what types of food are best for each method.
- CTE.FN1:3-5 Describe how to effectively cook food in a microwave oven and precautions to take.

CTE.FN1:4 Students will be able to use the food plate and guidelines to make healthy choices throughout each day. (NFACS 9.2; 9.3; 9.6; 14.1; 14.2; 14.3)

- CTE.FN1:4-1 Describe and analyze the Food Plate including exercise plan.
- CTE.FN1:4-2 Describe proper portion sizes in relation to the food plate.
- CTE.FN1:4-3 Assess your eating habits when compared with the food plate recommendations.

CTE.FN1:5 Students will be able to improve their eating habits by applying the guidelines for making nutritious choices at home and while out to eat. (NFACS 9.2; 9.3; 9.6; 14.1; 14.2; 14.3)

- CTE.FN1:5-1 Identify different eating patterns.
- CTE.FN1:5-2 Analyze your current eating habits.
- CTE.FN1:5-3 Explain and identify each type of vegetarian lifestyle and how vegetarians get all the necessary nutrients in their diet.
- CTE.FN1:5-4 Analyze the effects of advertising on food choices.
- CTE.FN1:5-5 Identify good and poor food choices for all types of diets.

CTE.FN1:6 Students will be able to use the nutrition facts panel to identify the wholesomeness of the foods they are consuming. (NFACS 9.2; 9.3; 9.6; 14.1; 14.2; 14.3)

- CTE.FN1:6-1 Identify the basic parts of a food label.
- CTE.FN1:6-2 Understand how to read a food label and use it to make healthy food choices.
- CTE.FN1:6-3 Explain what serving size means.
- CTE.FN1:6-4 Describe how to calculate the total nutrient value of a food by looking at the nutrition facts panel.

CTE.FN1:7 Students will be able to compare and contrast healthy and unhealthy ways to manage their weight and stay healthy throughout life. (NFACS 9.2; 9.3; 9.6; 14.1; 14.2; 14.3)

- CTE.FN1:7-1 Describe methods used to determine whether a person's weight is at a healthy level.
- CTE.FN1:7-2 Calculate BMI.
- CTE.FN1:7-3 Give and identify guidelines for maintaining a healthy weight and weight-loss methods.
- CTE.FN1:7-4 Identify characteristics of anorexia nervosa and bulimia nervosa.
- CTE.FN1:7-5 Describe and explain the effects of eating disorders on health and how to get help.
- CTE.FN1:7-6 Identify characteristics of overeating.

CTE.FN1:8 Students will be able to explain the importance of comparing products for nutrient values when purchasing food, including fruits and vegetables, in all forms; all convenience forms and fresh. (NFACS 5.3, 5.5, 8.2, 8.3, 8.5, 9.2, 9.5, 9.6, 14.1, 14.2, 14.3, 14.4, 14.5)

- CTE.FN1:8-1 Identify different types of convenience foods and their uses.
- CTE.FN1:8-2 Discuss the pros and cons of using convenience foods.
- CTE.FN1:8-3 Describe general methods for preparing basic convenience foods.
- CTE.FN1:8-4 Identify the nutrients found in fruits and vegetables, the classifications of fruits and the parts of the plants where each vegetable comes from.
- CTE.FN1:8-5 Discuss guidelines for storing and buying fresh produce.
- CTE.FN1:8-6 Identify the effects of heat and cooking on vegetables and fruits.

CTE.FN1:9 Students will be able to prepare, store, and select a variety of grains to fulfill nutritional requirements. (NFACS 5.3, 5.5, 8.2, 8.3, 8.5, 9.2, 9.5, 9.6, 14.1, 14.2, 14.3, 14.4, 14.5)

- CTE.FN1:9-1 Describe the nutrients in grains and grain products.
- CTE.FN1:9-2 Identify different grain products and their uses.
- CTE.FN1:9-3 Give guidelines for buying and storing grain products.
- CTE.FN1:9-4 Explain the general principles and preparations of cooking grains.
- CTE.FN1:9-5 Identify the nutrients in legumes, nuts, and seeds.
- CTE.FN1:9-6 Give guidelines for buying, storing, and preparing legumes, nuts, and seeds.