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

CTE.FN2:1 Students will be able to apply previous knowledge and analyze consumer information in order to purchase utensils and equipment for the kitchen. (NFACS 5.3; 5.5; 8.3; 8.6; 9.2; 9.3; 9.5; 9.6; 14.3; 14.4; 14.5)

- CTE.FN2:1-1 Define and practice safety and sanitation procedures.
- CTE.FN2:1-2 Measure ingredients properly.
- CTE.FN2:1-3 Follow a recipe to create a product.
- CTE.FN2:1-4 Define and explain cooking terms and utensils.
- CTE.FN2:1-5 Contrast warranty and a service contract.
- CTE.FN2:1-6 Calculate interest payments.
- CTE.FN2:1-7 Explain how to use credit appropriately.
- CTE.FN2:1-8 Identify ways to purchase small and large kitchen equipment.

CTE.FN2:2 Students will be able to apply knowledge of nutrition to their own lives in order to eat healthier and live a healthy lifestyle. (NFACS 5.3; 5.5; 8.3; 8.6; 9.1; 9.2; 9.3; 9.6; 14.3; 14.4; 14.5)

- CTE.FN2:2-1 Identify the 3 types of carbohydrates.
- CTE.FN2:2-2 Explain how to meet the need for carbohydrates and protein in a healthful diet.
- CTE.FN2:2-3 Identify and describe the forms that carbohydrates take in foods.
- CTE.FN2:2-4 Summarize the role of cholesterol in a healthful diet.
- CTE.FN2:2-5 List the 2 types of vitamins and their functions.
- CTE.FN2:2-6 Explain vitamins and minerals and describe their functions and types.
- CTE.FN2:2-7 List 7 ways water is crucial to your body's health.
- CTE.FN2:2-8 Describe phytochemicals and 5 benefits they provide.

CTE.FN2:3 Students will be able to make healthy dairy product and egg selections and apply knowledge of proper cooking and storing techniques for both dairy products and eggs. (NFACS 5.3; 5.5; 8.3; 8.6; 9.2; 9.3; 9.6; 14.3; 14.4; 14.5)

- CTE.FN2:3-1 Explain the nutritional value of dairy foods and eggs.
- CTE.FN2:3-2 Compare and contrast fresh cheese and ripened cheese.
- CTE.FN2:3-3 Summarize reasons for dairy substitutes.
- CTE.FN2:3-4 Explain how to properly store, prepare, and cook dairy foods.
- CTE.FN2:3-5 Identify and describe three important parts of an egg.
- CTE.FN2:3-6 Explain an egg's function in a recipe, proper storing, and cooking of eggs.

CTE.FN2:4 Students will be able to apply knowledge of selecting, storing, and preparing meat, poultry, fish, and shellfish to retain the most nutritional value for these foods. (NFACS 5.3; 5.5; 8.3; 8.6; 9.2; 9.3; 9.6; 14.3; 14.4; 14.5)

CTE.FN2:4-1 Explain the nutritional value of meat, poultry, fish, and shellfish.

CTE.FN2:4-2 List proper cooking techniques for meat, poultry, fish, and shellfish.

CTE.FN2:4-3 Describe how to properly select, store, and prepare meat, poultry, fish, and shellfish.

CTE.FN2:5 Students will be able to understand cultural differences through their food choices, etiquette, and food preparation techniques. (NFACS 5.3; 5.5; 8.3; 8.6; 9.2; 9.3; 9.6; 14.3; 14.4; 14.5)

CTE.FN2:5-1 Create a presentation on another culture of the world explaining customs, food traditions, holidays, and food etiquette rules for that country.

CTE.FN2:5-2 Produce a recipe from another country.

CTE.FN2:6 Students will be able to apply cake decorating techniques to produce a decorated cake as a team and will leave this unit with a marketable skill. (NFACS 5.3; 5.5; 8.3; 8.6; 9.1; 9.2; 9.3; 9.5; 9.6; 14.3; 14.4; 14.5)

CTE.FN2:6-1 Properly bake and decorate a cake using skills and techniques learned in class.

CTE.FN2:6-2 Properly use an icing decorator bag.

CTE.FN2:6-3 Follow safety and sanitation practices.

CTE.FN2:6-4 Use homemade frosting to decorate a cake with frosting tips and icing bags.

CTE.FN2:7 Students will be able to identify the function of each ingredient and how to properly bake a product. (NFACS 1.1, 1.2, 5.3, 5.5, 8.5, 9.1, 14.2, 14.3, 14.4)

CTE.FN2:7-1 Identify the basic ingredients in baking and the functions of each.

CTE.FN2:7-2 Explain how to select and prepare pans for baking.

CTE.FN2:7-3 Compare conventional and microwave baking, and characteristics of properly baked products.

CTE.FN2:7-4 Explain how to tell when yeast breads are done baking.

CTE.FN2:7-5 Describe types of cookies, cakes, and pies.

CTE.FN2:7-6 Determine appropriate guidelines for preparing cookies, cakes, muffins and pies.