

NUTRITION & FOOD PREPARATION I

MIS03 09131

This introductory course will prepare students to make critical decisions about food that will contribute to their health and well-being of themselves, their families and their communities. The course may include basic food selection and storage, accurate and appropriate measuring, basic cooking terms and techniques, and working safely in the kitchen. Students will learn how to read food labels and how to apply them to their eating habits and their dietary needs. Lab experiences will focus on preparing and tasting a variety of foods.

Credit ½ or 1 credit
Max credit = 1

Level Grades 9-12

NUTRITION & FOOD PREPARATION II

MIS03 09135

This course will examine the nutritional needs of the individual, emphasizing the relationship of diet to health. Enhanced cooking terms and techniques, kitchen and meal management, time and resource management and food preparation techniques will be explored. This course may include food trends and lifestyle options such as organic foods, vegetarian diets, and convenience foods, eating out, lactose and gluten intolerance and nutrition supplements. Lab experiences will align with and enhance the course content using a variety of foods and preparation methods.

Credit ½ or 1 credit
Max credit = 1

Level Grades 9-12

Standard 1	<p align="center"><i>CAREER, COMMUNITY, and FAMILY CONNECTIONS</i></p> <p align="center">Integrate multiple life roles and responsibilities in family, work, and community settings.</p>	
Topic 1.2	<p>Demonstrate transferable knowledge, attitudes, and technical and employability skills in school, community, and workplace settings.</p>	
	Student Competencies	
	1.2.1	Analyze potential career choices to determine the knowledge, skills, attitudes, and opportunities associated with each career.
	1.2.3	Apply communication skills in school, community, and workplace settings and with diverse populations.
	1.2.4	Demonstrate teamwork skills in school, community, and workplace settings and with diverse populations.
	1.2.8	Demonstrate employability skills, work ethics, and professionalism.
Standard 2	<p align="center"><i>CONSUMER and FAMILY RESOURCES</i></p> <p align="center">Evaluate management practices related to the human, economic, and environmental resources in a global context.</p>	
Topic 2.1	<p>Demonstrate management of individual and family resources such as food, clothing, shelter, health care, recreation, transportation, time, and human capital.</p>	
	Student Competencies	
	2.1.3	Analyze decisions about providing safe and nutritious food for individuals and families.
Standard 5	<p align="center"><i>FACILITIES and PROPERTY MANAGEMENT</i></p> <p align="center">Integrate knowledge, skills, and practices required for careers in facilities management and maintenance.</p>	
Topic 5.2	<p>Demonstrate planning, organizing, and maintaining an efficient operation of residential or commercial facilities.</p>	
	Student Competencies	
	5.2.1	Apply environmental services standards and procedures in residential and commercial settings.
	5.2.2	Operate cleaning equipment and tools.
	5.2.3	Manage use of supplies.

Topic 5.3	Demonstrate sanitation procedures for a clean and safe environment.	
	Student Competencies	
	5.3.5	Utilize Centers for Disease Control (CDC) standards.
Topic 5.4	Apply hazardous materials and waste management procedures.	
	Student Competencies	
	5.4.3	Practice a recycling program for conservation of resources.
Topic 5.5	Demonstrate a work environment that provides safety and security.	
	Student Competencies	
	5.5.3	Demonstrate safe procedures in the use, care, and storage of equipment.
Standard 8	<i>FOOD PRODUCTION and SERVICES</i>	
	Integrate knowledge, skills, and practices required for careers in food production and services.	
Topic 8.2	Demonstrate food safety and sanitation procedures.	
	Student Competencies	
	8.2.7	Demonstrate safe food handling and preparation techniques that prevent cross contamination from potentially hazardous foods and food groups.
Topic 8.3	Demonstrate industry standards in selecting, using, and maintaining food production and food service equipment.	
	Student Competencies	
	8.3.6	Identify a variety of types of equipment for food processing, cooking, holding, storing, and serving.
Topic 8.4	Demonstrate menu planning principles and techniques based on standardized recipes to meet customer needs.	
	Student Competencies	
	8.4.7	Apply principles of measurement, portion control, conversions, food cost analysis and control, menu terminology, and menu pricing to menu planning.
Topic 8.5	Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer needs.	
	Student Competencies	
	8.5.2	Demonstrate professional skill for a variety of cooking methods including roasting, broiling, smoking, grilling, sautéing, pan frying, deep frying, braising, stewing, poaching, steaming, and baking using professional equipment and current technologies.
	8.5.3	Demonstrate knowledge of portion control and proper scaling and measurement techniques.
	8.5.4	Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding of a variety of foods.
	8.5.5	Prepare various meats, seafood, and poultry using safe handling and professional preparation techniques.
	8.5.6	Prepare various stocks, soups, and sauces using safe handling and professional preparation techniques.

	8.5.7	Prepare various fruits, vegetables, starches, legumes, dairy products, fats, and oils using safe handling and professional preparation techniques.
	8.5.8	Prepare various salads, dressings, marinades, and spices using safe handling and professional preparation techniques.
	8.5.9	Prepare sandwiches, canapés, and appetizers using safe handling and professional preparation techniques.
	8.5.10	Prepare breads, baked goods, and desserts using safe handling and professional preparation techniques.
	8.5.11	Prepare breakfast meats, eggs, cereals, and batter products using safe handling and professional preparation techniques.
	8.5.12	Demonstrate professional plating, garnishing, and food presentation techniques.
	8.5.13	Integrate sustainability in food production and services including menu planning; acquisition, preparation, and serving of food; storage; and recycling and waste management.
	8.5.14	Demonstrate cooking methods that increase nutritional value, lower calorie and fat content, and utilize herbs and spices to enhance flavor.
	*8.5.15	Apply appropriate cooking terminology when reading and following a recipe.
Standard 9	<i>FOOD SCIENCE, DIETETICS, and NUTRITION</i> Integrate knowledge, skills, and practices required for careers in food science, food technology, dietetics, and nutrition.	
Topic 9.1	Analyze career paths within food science, food technology, dietetics, and nutrition industries.	
	Student Competencies	
	9.1.1	Explain the roles and functions of individuals engaged in food science, food technology, dietetics, and nutrition careers.
Topic 9.2	Apply risk management procedures to food safety, food testing, and sanitation.	
	Student Competencies	
	9.2.1	Analyze factors that contribute to food borne illness.
	9.2.5	Demonstrate practices and procedures that assure personal and workplace health and hygiene.
	9.2.6	Demonstrate standard procedures for receiving and storage of raw and prepared foods.
Topic 9.3	Evaluate nutrition principles, food plans, preparation techniques, and specialized dietary plans.	
	Student Competencies	
	9.3.1	Analyze nutrient requirements across the life span addressing the diversity of people, culture, and religions.
	9.3.2	Analyze nutritional data.
	9.3.3	Apply principles of food production to maximize nutrient retention in menus.
	9.3.4	Assess the influence of cultural, socioeconomic, and psychological factors on food and nutrition and behavior.
	9.3.5	Analyze recipe/formula proportions and modifications for food production.
	9.3.6	Critique the selection of foods to promote a healthy lifestyle.

Topic 9.5	Demonstrate use of science and technology advancements in food product development and marketing.	
	Student Competencies	
	9.5.1	Analyze various factors that affect food preferences in the marketing of food to a variety of populations.
	9.5.3	Prepare food for presentation and assessment.
Standard 11	<i>HOUSING and INTERIOR DESIGN</i>	
	Integrate knowledge, skills, and practices required for careers in housing and interior design.	
Topic 11.4	Demonstrate design, construction document reading, and space planning skills required for the housing, interior design, and furnishings industries.	
	Student Competencies	
	11.4.5	Apply building codes, universal design guidelines, and regulations in space planning and arrangement of furniture and furnishings.
Standard 14	<i>NUTRITION and WELLNESS</i>	
	Demonstrate nutrition and wellness practices that enhance individual and family well-being.	
Topic 14.1	Analyze factors that influence nutrition and wellness practices across the life span.	
	Student Competencies	
	14.1.1	Explain physical, emotional, social, psychological, cultural, and spiritual components of individual and family wellness.
	14.1.2	Investigate the effects of psychological, cultural, and social influences on food choices and other nutritional practices.
	14.1.3	Investigate the governmental, economic, and technological influences on food choices and practices.
	14.1.4	Analyze the effects of global, regional, and local events and conditions on food choices and practices.
	14.1.5	Analyze legislation and regulations related to nutrition and wellness.
Topic 14.2	Examine the nutritional needs of individuals and families in relation to health and wellness across the life span.	
	Student Competencies	
	14.2.1	Evaluate the effect of nutrients on health, wellness, and performance.
	14.2.2	Analyze the relationships of nutrition and wellness to individual and family health throughout the life span.
	14.2.3	Analyze the effects of food and diet fads, food addictions, and eating disorders on wellness.
	14.2.4	Analyze sources of food and nutrition information, including food labels, related to health and wellness.
Topic 14.4	Evaluate factors that affect food safety from production through consumption.	
	Student Competencies	
	14.4.4	Investigate federal, state, and local inspection and labeling systems that protect the health of individuals and the public.

Topic 14.5	Evaluate the influence of science and technology on food, nutrition, and wellness.	
	Student Competencies	
	14.5.2	Analyze how the scientific and technical advances in food processing, storage, product development, and distribution influence nutrition and wellness.
	14.5.3	Analyze the effects of technological advances on selection, preparation, and home storage of food.
	14.5.4	Analyze the effects of food science and technology on meeting nutritional needs.

**This is not listed in the National/State Standards; however, it is strongly suggested by the State Teacher Committee.*

Nutrition & Food Prep Topics and Related Standards Overview

NUTRITION AND FOOD PREP I, II	FACS I	Middle School FACS
MIS03 # 09131, 09135	MIS03 # 09022	MIS03 # 09006
<i>Food Customs and Nutrition</i>	<i>Food Customs and Nutrition</i>	<i>Food Customs and Nutrition</i>
Nutritional Needs Through the Life Span (2.1.3, 9.3.1, 9.3.5, 9.3.6, 14.2.2)	Nutritional Needs Through the Life Span (2.1.3, 9.3.1, 14.2.2)	
Nutritious Choices (8.5.14, 9.3.2, 9.3.3, 9.3.6, 14.1.4, 14.1.5, 14.2.1, 14.2.3, 14.4.4, 14.5.4)	Nutritious Choices (9.3.2, 9.3.3, 9.3.6, 14.2.1, 14.2.3)	Nutritious Choices (9.3.2, 9.3.5, 9.3.6)
Etiquette (9.3.4)	Etiquette (9.3.4)	Etiquette (9.3.4)
Influences on Customer Choices (9.5.1, 9.5.3, 14.1.1 - 14.1.3, 14.2.3, 14.2.4, 14.5.2)	Influences on Customer Choices (14.1.1, 14.1.2, 14.2.1, 14.2.2, 14.2.3, 14.2.4)	Influences on Customer Choices (14.2.1, 14.2.3, 14.2.4)
<i>Kitchen Readiness</i>	<i>Kitchen Readiness</i>	<i>Kitchen Readiness</i>
Kitchen Management (1.2.3, 1.2.4, 1.2.8, 5.2.3, 11.4.5)	Kitchen Management (1.2.3, 1.2.4, 1.2.8, 5.2.3)	Kitchen Management (1.2.3, 1.2.4, 1.2.8, 5.2.3)
Safety and Sanitation (2.1.3, 5.2.1, 5.2.2, 5.3.5, 5.5.3, 8.2.7, 9.2.1, 9.2.5, 9.2.6, 14.2.4)	Safety and Sanitation (5.2.1, 5.2.2, 5.5.3, 8.2.7, 9.2.1, 9.2.5, 9.2.6)	Safety and Sanitation (5.2.1, 5.2.2, 5.5.3, 8.2.7, 9.2.1, 9.2.5, 9.2.6)
Equipment (5.2.2, 5.5.3, 8.3.6)	Equipment (5.2.2, 5.5.3, 8.3.6)	Equipment (8.3.6)
Conservation of Resources (5.4.3)	Conservation of Resources (5.4.3)	Conservation of Resources (5.4.3)
Measurement and Conversions (8.4.7, 8.5.3)		
Menu Planning (8.4.7)	Menu Planning (8.4.7)	Menu Planning (8.4.7)
Meal Service (8.5.12, 9.3.4, 9.5.3)	Meal Service (8.5.12, 9.3.4, 9.5.3)	Meal Service (8.5.12, 9.5.3)
Food Purchasing and Budget (8.5.13)		
Recipe Skills (8.5.15, 9.3.5)	Recipe Skills (8.5.15, 9.3.5)	Recipe Skills (8.5.15)
<i>Cooking Techniques</i>	<i>Cooking Techniques</i>	<i>Cooking Techniques</i>
Food Prep Skills (8.2.7, 8.3.6, 8.5.2, 8.5.3, 8.5.4, 8.5.5, 8.5.6, 8.5.7, 8.5.8, 8.5.9, 8.5.10, 8.5.11, 8.5.12, 8.5.13, 8.5.14, 8.5.15, 9.3.3)	Food Prep Skills (8.2.7, 8.3.6, 8.5.2, 8.5.3, 8.5.4, 9.3.3)	Food Prep Skills (8.2.7, 8.5.2, 8.5.3, 8.5.4)
<i>Current Issues</i> (14.1.3, 14.1.4, 14.1.5, 14.2.4, 14.5.2, 14.5.3)		
<i>Related Careers</i> (1.2.1, 9.1.1)	<i>Related Careers</i> (1.2.1, 9.1.1)	