

Food and Nutrition

Food and Nutrition may be taught as a one-credit-or half-credit course. For a half-credit course, content standards 2, 3, 4, 5, 6, 9, 11, 12, 13, and 18 must be included. Topics include the impact of daily nutrition and wellness practices on long-term health and wellness; physical, social, and psychological aspects of healthy nutrition and wellness choices; selection and preparation of nutritious meals and snacks based on United States Department of Agriculture (USDA) Dietary Guidelines and Food Guide Pyramid; safety, sanitation, storage, and recycling processes and issues associated with nutrition and wellness; impacts of science and technology on nutrition and wellness issues; and nutrition and wellness career paths.

Career and technical student organizations are integral, cocurricular components of each career and technical education course. These organizations serve as a means to enhance classroom instruction while helping students develop leadership abilities, expand workplace-readiness skills, and broaden opportunities for personal and professional growth.

Food

Students will:

1. Analyze national and international food production and distribution systems to determine the influence of each on the food supply.
2. Explain how food choices and food production are influenced by psychological, social, cultural, nutritional, economical, global, environmental, geographical, and technological factors.
3. Interpret legislation and regulations related to food production and consumption.

Nutrition

4. Determine nutritional and fitness needs of individuals and families across the life span.
5. Analyze nutritional standards in planning recipes and menus to meet nutritional needs of individuals across the life span.
Examples: USDA Dietary Guidelines for Americans, USDA Food Guide Pyramid
6. Evaluate the impact of diet fads, food addictions, and eating disorders on fitness and wellness.
7. Describe the impact of daily food choices on health and wellness.
8. Determine current trends and issues in health, wellness, and nutrition.

Meal Management and Service

9. Prepare a nutritious menu.
 - Interpreting recipes in food production
 - Demonstrating safe and correct use of equipment
 - Practicing food safety in food production, handling, service, and storage
 - Using correct hygiene and health procedures
 - Organizing kitchen space
 - Demonstrating a variety of creative food presentation techniques
10. Compare the cost and nutritive value of preparing food at home versus purchasing fast food.
 - Describing savings through bulk food purchasing
11. Apply management principles when planning, purchasing, preparing, storing, and serving food.
12. Judge the quality of prepared food.
13. Demonstrate etiquette, manners, and proper table settings for various occasions.

Cuisine

14. Analyze recipes and menus from other countries for nutritional values.
15. Demonstrate food preparation techniques used in national and international cuisines.

Special Occasions

16. Demonstrate food preparation techniques required when preparing food for special occasions.
 - Analyzing methods of serving food for special occasions
Examples: receptions, luncheons, buffets
17. Demonstrate a variety of creative food presentation techniques.

Technology and Careers

18. Determine the impact of technology on food production, choices, and nutrition.
Examples: biotechnology, hormone injection
19. Identify careers and entrepreneurial opportunities in the field of food and nutrition.