

Food & Nutrition 1

Instructor: Mrs. Carolyn Hoobler

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Course Description:

This course examines the nutritional needs of the individual. Emphasis is placed on fundamental of food production, kitchen and meal management, food groups and their preparation, and time and resource management. English language arts, mathematics, science, and social studies are reinforced. Work-based learning strategies appropriate for this course include service learning and job shadowing. Apprenticeship and cooperative education are not available for this course. Family, Career and Community Leaders of America (FCCLA) competitive events, community service, and leadership activities provide the opportunity to apply essential standards and workplace readiness skills through authentic experiences.

Supplies Needed:

- 3 spiral-bound notebooks (acceptable colors: Yellow, red, blue or green);
- Pocket folder
- 2 glue sticks
- 1 box colored pencils
- 1 box colored markers
- 1 pencil
- 1 small pencil sharpener
- 1 pair of scissors
- 1 highlighter
- 1 ruler

	Food and Nutrition 1 Course Essential Standards & Objectives
1.00	Understand the relationship between food choices and health.
1.01	Remember influences on food choices.
1.02	Understand guidelines for healthful food preparation.
2.00	Understand methods of food preparation.
2.01	Understand kitchen safety.
2.02	Understand food safety and sanitation.
2.03	Remember measuring, cutting/preparation, mixing, and cooking/cleaning terms.
2.04	Remember equipment and procedures for its use and care.
2.05	Remember recipe parts, sources and adjustments.
2.06	Understand processes and benefits of a work plan and teamwork for preparing healthy foods.

3.00	Understand procedures, equipment and cooking methods in food preparation.
3.01	Understand procedures, equipment and cooking methods in fruit and vegetable preparation.
3.02	Understand procedures, equipment and cooking methods in dairy preparation.
3.03	Understand procedures, equipment and cooking methods in grain preparation.
3.04	Understand procedures, equipment and cooking methods in protein preparation.
4.00	Understand procedures, equipment and techniques applied to baking production.
4.01	Understand procedures to prepare quick bread products.
4.02	Understand procedures to prepare yeast bread products.
4.03	Understand procedures to prepare cakes and frostings. (SUPPLEMENTAL)
5.00	Understand the principles of etiquette for meal service.
5.01	Understand the principles of basic table setting and meal service.
5.02	Understand the principles of table manners.
6.00	Apply methods for meal planning and preparation.
6.01	Understand strategies in meal planning.
6.02	Understand strategies of selecting and storing food.
6.03	Apply methods to prepare healthy meals.