

Food and Nutrition 1 (2023)

NUTRITION FN1A

1 Analyze factors that influence nutrition and wellness. FN1A1

- 1 Engage: Identify factors that affect food choices in nutrition and wellness. FN1A1.1
 - 2 Explore: Explain the digestive process and its stages. FN1A1.2
 - 3 Explain: Investigate the functions, requirements, and food sources of the six essential nutrients. FN1A1.3
 - 4 Extend: Describe a Nutrition Facts label, its content, and how to use it. FN1A1.4
 - 5 Evaluate: Integrate USDA Guidelines in planning daily dietary intake and preparing foods. FN1A1.5
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SAFETY AND SANITATION FN1B

1 Implement safety and sanitation procedures. FN1B1

- 1 Engage: Identify the consequences of safety and sanitation procedures. FN1B1.1
 - 2 Explore: Demonstrate procedures that promote safety and sanitation during food preparation. FN1B1.2
 - 3 Explain: Explain physical, biological, and chemical food contamination sources. FN1B1.3
 - 4 Extend: Analyze public dialogue about food safety and sanitation. FN1B1.4
 - 5 Evaluate: Evaluate factors that affect food safety from production through consumption. FN1B1.5
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ETIQUETTE AND TABLE SETTING FN1C

1 Demonstrate etiquette and table setting for various occasions. FN1C1

- 1 Engage: Identify acceptable etiquette for various occasions. FN1C1.1
 - 2 Explore: Explain table settings for various occasions. FN1C1.2
 - 3 Explain: Demonstrate the placement of components used in table settings for different occasions. FN1C1.3
 - 4 Extend: Analyze proper etiquette and dress in various social and professional events. FN1C1.4
 - 5 Evaluate: Simulate proper etiquette for a variety of formal and informal occasions, including professional functions. FN1C1.5
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EQUIPPING THE KITCHEN FN1D

1 Explain design, organization, and management of kitchens and equipment. FN1D1

- 1 Engage: Identify common kitchen floor plans. FN1D1.1
 - 2 Explore: Describe the composition of a work triangle. FN1D1.2
 - 3 Explain: Explain universal design in kitchen floor plans. FN1D1.3
 - 4 Extend: Compare features when selecting kitchen components and appliances. FN1D1.4
 - 5 Evaluate: Analyze the use and care of utensils, knives, and food preparation equipment. FN1D1.5
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PREPARATION FN1E

1 Demonstrate basic food preparation methods and techniques. FN1E1

- 1 Engage: Explain how to follow and modify recipes. FN1E1.1
 - 2 Explore: Investigate food science principles in food preparation. FN1E1.2
 - 3 Explain: Compare various cooking methods. FN1E1.3
 - 4 Extend: Demonstrate food preparation techniques. FN1E1.4
 - 5 Evaluate: Evaluate food products for taste, texture, and presentation. FN1E1.5
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CAREER PATHWAYS AND PROFESSIONALISM FN1F

1 Analyze career pathways and professionalism in food and nutrition industries. FN1F1

- 1 Engage: Identify career pathways in foods and nutrition. FN1F1.1
- 2 Explore: Explain the roles and functions of individuals engaged in food and nutrition careers. FN1F1.2
- 3 Explain: Compare occupation and preparation requirements for careers in nutrition and food industries. FN1F1.3
- 4 Extend: Demonstrate workplace readiness skills and knowledge for professional employment in the food and nutrition industry. FN1F1.4
- 5 Evaluate: Analyze the role of student and professional organizations in food and nutrition careers. FN1F1.5