

FOODS AND NUTRITION 1

Course Code: 5824

What foods should be eaten to maintain a healthy lifestyle? Can you select and prepare healthy foods? If not, this is the course for you! Food and Nutrition 1 will allow students to evaluate food choices, practice a variety of food preparation techniques, demonstrate table service and etiquette, and explore nutrition related careers. Critical thinking and practical problem-solving are emphasized in a co-curricular approach that incorporates principles of mathematics, science, writing, communications, and economics. The ServSafe® employee certification provides increased marketability. Foods and Nutrition 1 is a prerequisite for Foods and Nutrition 2. Inclusion of the Family and Consumer Sciences student organization, Family Careers, and Community Leaders of America (FCCLA), greatly enhances this curriculum.

Credit:	1 Carnegie Unit (120 hours)
Recommended grades:	9-12
Prerequisite:	None
National Certification:	Nutrition, Food, and Wellness [<u>NFW</u>] ServSafe Food Handler
Instructional Materials:	Comprehensive Listing of State Adopted Materials [<u>CLM</u>] My SC Textbooks [<u>MSCT</u>]
Employment Opportunities:	
Secondary Education:	dietary aide, dietary clerk, food product tester, food laboratory aide, quality control technician, test kitchen food assembler
Postsecondary Education:	dietitian, food and drug inspector, food editor/author, food production chemist, food technician, nutrition educator, nutritionist
Postgraduate Education:	director for food services, foods and nutrition education, food scientist, food technologist, registered dietitian, test kitchen home economist

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Academic Alignment Key

Table 1 Academic Alignment Key

ELA – English Language Arts	ES – Earth Science
EA – Elementary Algebra	ECON – Economics and Personal Finance
G – Geometry	HG – Human Geography
PC - Pre-Calculus	USHC – United States History and Constitution
PS – Probability and Statistics	USG – United States Government
B - Biology	ISTE – International Society for Technology in
P - Physics	Education

Standards and Indicators Information

The standards integrate the tenets of the Depth of Knowledge (DOK) to lead to demanding cognition and high expectations in instruction and assessment. The indicators follow the Five E Instructional Model which is a five-stage teaching sequence that helps students build their own understanding and new ideas.

Five E Instructional Model

Engage is designed to pique student interest and get them personally involved in the instruction and adding a mechanism to pre-assess prior knowledge.

Explore gets students involved in the topic and provides an opportunity to build their own understanding.

Explain involves opportunities to communicate and describe what is learned at different intervals of the instruction.

Elaborate allows students to use their new knowledge and go beyond to explore implications of the new knowledge.

Evaluate is an opportunity to determine how much learning and understanding has taken place for the students and the teachers.

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At the completion of this course, students will demonstrate 21ST Century Workplace Readiness Skills.

Personal Qualities and Abilities

1. **Creativity and Innovation:** Employs originality, inventiveness, and resourcefulness in the workplace
2. **Critical Thinking and Problem-Solving:** Uses sound reasoning to analyze problems, evaluate potential solutions, and implement effective courses of action
3. **Initiative and Self-Direction:** Independently looks for ways to improve the workplace and accomplish tasks
4. **Integrity:** Complies with laws, procedures, and workplace policies; demonstrates honesty, fairness, and respect
5. **Work Ethic:** Consistently works to the best of one's ability and is diligent, dependable, and accountable for one's actions

Interpersonal Skills

6. **Conflict Resolution:** Negotiates diplomatic solutions to interpersonal and workplace issues
7. **Listening and Speaking:** Listens attentively and asks questions to clarify meaning; articulates ideas clearly in a manner appropriate for the setting and audience
8. **Respect for Diversity:** Values individual differences and works collaboratively with people of diverse backgrounds, viewpoints, and experiences
9. **Customer Service Orientation:** Anticipates and addresses the needs of customers and coworkers, providing thoughtful, courteous, and knowledgeable service
10. **Teamwork:** Shares responsibility for collaborative work and respects the thoughts, opinions, and contributions of other team members

Professional Competencies

11. **Big Picture Thinking:** Understands one's role in fulfilling the mission of the workplace and considers the social, economic, and environmental impacts of one's actions
12. **Career and Life Management:** Plans, implements, and manages personal and professional development goals related to education, career, finances, and health
13. **Continuous Learning and Adaptability:** Accepts constructive feedback well and is open to new ideas and ways of doing things; continuously develops professional skills and knowledge to adjust to changing job requirements
14. **Efficiency and Productivity:** Plans, prioritizes, and adapts work goals to manage time and resources effectively

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Professional Competencies (cont.)

15. **Information Literacy:** Locates information efficiently, evaluates the credibility and relevance of sources and facts, and uses information effectively to accomplish work-related tasks
16. **Information Security:** Understands basic Internet and email safety and follows workplace protocols to maintain the security of information, computers, networks, and facilities
17. **Information Technology:** Maintains a working knowledge of devices, resources, hardware, software, systems, services, applications, and IT conventions
18. **Job-Specific Tools and Technologies:** Knows how to select and safely use industry-specific technologies, tools, and machines to complete job tasks effectively
19. **Mathematics:** Applies mathematical skills to complete tasks as necessary
20. **Professionalism:** Meets organizational expectations regarding work schedule, behavior, appearance, and communication
21. **Reading and Writing:** Reads and interprets workplace documents and writes effectively
22. **Workplace Safety:** Maintains a safe work environment by adhering to safety guidelines and identifying risks to self and others

[Workplace Readiness Skills for the Commonwealth](#) was developed by the Virginia Department of Education's Office of Career, Technical, and Adult Education, in cooperation with the University of Virginia's Weldon Cooper Center for Public Service, the Career and Technical Education Consortium of States and Virginia's CTE Resource Center.

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FN1A. NUTRITION

FN1A1. Analyze factors that influence nutrition and wellness.

FN1A1.1. Engage: Identify factors that affect food choices in nutrition and wellness.

FN1A1.2. Explore: Explain the digestive process and its stages.

FN1A1.3. Explain: Investigate the functions, requirements, and food sources of the six essential nutrients.

FN1A1.4. Extend: Describe a Nutrition Facts label, its content, and how to use it.

FN1A1.5. Evaluate: Integrate USDA Guidelines in planning daily dietary intake and preparing foods.

FN1B. SAFETY AND SANITATION

FN1B1. Implement safety and sanitation procedures.

FN1B1.1. Engage: Identify the consequences of safety and sanitation procedures.

FN1B1.2. Explore: Demonstrate procedures that promote safety and sanitation during food preparation.

FN1B1.3. Explain: Explain physical, biological, and chemical food contamination sources.

FN1B1.4. Extend: Analyze public dialogue about food safety and sanitation.

FN1B1.5. Evaluate: Evaluate factors that affect food safety from production through consumption.

FN1C. ETIQUETTE AND TABLE SETTING

FN1C1. Demonstrate etiquette and table setting for various occasions.

FN1C1.1. Engage: Identify acceptable etiquette for various occasions.

FN1C1.2. Explore: Explain table settings for various occasions.

FN1C1.3. Explain: Demonstrate the placement of components used in table settings for different occasions.

FN1C1.4. Extend: Analyze proper etiquette and dress in various social and professional events.

FN1C1.5. Evaluate: Simulate proper etiquette for a variety of formal and informal occasions, including professional functions.

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FN1D. EQUIPPING THE KITCHEN

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

FN1D1.1. Engage: Identify common kitchen floor plans.

FN1D1.2. Explore: Describe the composition of a work triangle.

FN1D1.3. Explain: Explain universal design in kitchen floor plans.

FN1D1.4. Extend: Compare features when selecting kitchen components and appliances.

FN1D1.5. Evaluate: Analyze the use and care of utensils, knives, and food preparation equipment.

FN1E. PREPARATION

FN1E1. Demonstrate basic food preparation methods and techniques.

FN1E1.1. Engage: Explain how to follow and modify recipes.

FN1E1.2. Explore: Investigate food science principles in food preparation.

FN1E1.3. Explain: Compare various cooking methods.

FN1E1.4. Extend: Demonstrate food preparation techniques.

FN1E1.5. Evaluate: Evaluate food products for taste, texture, and presentation.

FN1F. CAREER PATHWAYS AND PROFESSIONALISM

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

FN1F1.1. Engage: Identify career pathways in foods and nutrition.

FN1F1.2. Explore: Explain the roles and functions of individuals engaged in food and nutrition careers.

FN1F1.3. Explain: Compare occupation and preparation requirements for careers in nutrition and food industries.

FN1F1.4. Extend: Demonstrate workplace readiness skills and knowledge for professional employment in the food and nutrition industry.

FN1F1.5. Evaluate: Analyze the role of student and professional organizations in food and nutrition careers.