

FOOD AND NUTRITION 2

Course Code: 5825

How do food preparation, cooking methods, and presentation impact nutrition, taste, and flavor of food? Foods and Nutrition 2 builds on techniques learned in Foods and Nutrition 1. Emphasis is placed on the exploration of foods and meal planning in relation to nutrition and food science, customs, and preparation techniques. Kitchen safety and sanitation, resources management, and employability skills are integral parts of this course. 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), enhances this curriculum.

Credit: 1 Carnegie Unit (120 hours)

Recommended grades: 9-12

Prerequisite: None

National Certification: Nutrition, Food, and Wellness [NFW]

ServSafe Food Handler

Instructional Materials: Comprehensive Listing of State Adopted Materials [CLM]
My SC Textbooks [MSCT]

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.

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

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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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FN2A. NUTRITION

FN2A1. Analyze factors that influence nutrition and wellness across the lifespan.

FN2A1.1. Engage: Identify personal dietary needs across the lifespan.

FN2A1.2. Explore: Investigate strategies that address the health and nutritional recommendations for individuals and families, including those with special needs.

FN2A1.3. Explain: Analyze the effects of food and fad diets, food addictions, and eating disorders on wellness.

FN2A1.4. Extend: Demonstrate ability to select, store, prepare, and serve nutritious foods.

FN2A1.5. Evaluate: Design meals in accordance with the USDA Dietary Guidelines.

FN2B. SAFETY AND SANITATION

FN2B1. Evaluate safety and sanitation procedures.

FN2B1.1. Engage: Summarize procedures that promote safety during food preparation.

FN2B1.2. Explore: Apply risk management procedures to food safety and sanitation.

FN2B1.3. Explain: Explain the role of government agencies in regulating practices to keep the food supply safe.

FN2B1.4. Extend: Analyze appropriate ways to receive, prepare, and store food safely.

FN2B1.5. Evaluate: Evaluate work environment safety practices.

FN2C. ETIQUETTE AND TABLE SETTING

FN2C1. Evaluate etiquette and table setting techniques for various occasions.

FN2C1.1. Engage: Identify appropriate etiquette and table setting techniques across cultures.

FN2C1.2. Explore: Demonstrate table manners, including the use of personal electronic devices for a variety of dining experiences.

FN2C1.3. Explain: Explain appropriate etiquette for a variety of formal and informal occasions, including professional functions.

FN2C1.4. Extend: Analyze proper communication techniques for expressing dining complaints, compliments, and gratitude for a variety of dining experiences.

FN2C1.5. Evaluate: Evaluate event planning etiquette and considerations for entertaining others.

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FN2D. CONSUMER DECISIONS

FN2D1. Analyze factors that affect consumer purchases.

FN2D1.1. Engage: Identify factors that influence consumer decisions. (e.g. location, store atmosphere, budget, cultural preferences, special diets, distribution issues)

FN2D1.2. Explore: Explain food-packaging requirements including nutrition information, claims, ingredient list, distributor, and product dates and codes.

FN2D1.3. Explain: Demonstrate comparison shopping techniques to determine what to buy, where to buy, and the unit price.

FN2D1.4. Extend: Analyze government and community food assistance programs.

FN2D1.5. Evaluate: Evaluate marketing techniques that influence consumer decisions.

FN2E. PREPARATION

FN2E1. Demonstrate advanced techniques in food preparation.

FN2E1.1. Engage: Explain how cooking methods affect nutritional value.

FN2E1.2. Explore: Compare food preparation techniques of different customs and cultures.

FN2E1.3. Explain: Apply advanced principles of food handling and preparation.

FN2E1.4. Extend: Demonstrate advanced techniques in food preparation.

FN2E1.5. Evaluate: Evaluate food products for taste, texture, and presentation.

FN2F. CAREER PATHWAYS AND PROFESSIONALISM

FN2F1. Evaluate career pathways and preparation requirements for careers in food and nutrition industries.

FN2F1.1. Engage: Investigate career pathways in food and nutrition industries.

FN2F1.2. Explore: Summarize education and training requirements for career pathways in food and nutrition industries.

FN2F1.3. Explain: Explain workplace readiness skills and knowledge for professional employment.

FN2F1.4. Extend: Analyze the correlation between food and nutrition career pathways and local, state, national and global economies.

FN2F1.5. Evaluate: Create an employment portfolio to communicate food career pathways knowledge and skills.