

## KPBSD Nutrition of Foods II Curriculum – 2017

Industry Standards		
<p><b>National Standards for Family and Consumer Sciences Education</b></p> <ol style="list-style-type: none"> <li>1. Explain the roles and functions of individuals engaged in food science, food technology, dietetics, and nutrition careers. 9.1.1</li> <li>2. Summarize education and training requirements and opportunities for career paths in food science, food technology, dietetics, and nutrition. 9.1.3</li> <li>3. Evaluate factors that affect food safety from production through consumption. 14.4.1, 14.4.2, 14.4.4, 14.4.5</li> <li>4. Evaluate nutrition principles, food plans, preparation techniques, and specialized dietary plans. 9.3.1, 9.3.1, 9.3.4, 9.3.6</li> <li>5. Analyze the effects of psychological, cultural, and social influences on food choices and other nutrition practices. 14.1.2</li> <li>6. Analyze the governmental, economic, and technological influences on food choices and practices. 4.1.3</li> <li>7. Evaluate the nutritional needs of individuals and families in relation to health and wellness across the lifespan. 14.2</li> <li>8. Analyze the effects of food science and technology on meeting nutritional needs. 14.5.4</li> <li>9. Demonstrate procedures for cleaning and sanitizing equipment, serving dishes, glassware, and utensils to meet industry standards and OSHA requirements. 8.3.3</li> </ol>	<b>Transfer Goals</b>	
	Students will be able to independently use their learning to... <ul style="list-style-type: none"> <li>• Make lifelong nutritional choices that promote a healthy lifestyle.</li> <li>• Cook and maintain in a personal kitchen in a safe manner to provide quality healthy meals.</li> </ul>	
	<b>Meaning</b>	
	<p style="text-align: center;"><b>ENDURING UNDERSTANDINGS</b></p> <p>Students will understand...</p> <ul style="list-style-type: none"> <li>• There are numerous career paths available within the food industry, each with their own required background training and education. 9.1.1, 9.1.3</li> <li>• The choices they make with food will influence their well-being and health throughout their lifetime. 9.3.1, 9.3.1, 9.3.4, 9.3.6,14.2, 14.5.4, 8.5.14</li> <li>• There are many different factors that will influence food choices. 14.4.1, 14.4.2, 14.4.4, 14.4.5, 14.1.2, 14.1.3</li> <li>• Food borne illness is a major concern within the food industry that can be controlled through safe-handling practices. 8.3.3</li> <li>• Cooking equipment is costly to repair and that it needs to be cleaned and stored correctly. 8.3.5</li> <li>• Knives and other cooking equipment can be dangerous if not used and handled correctly. 8.5.1</li> </ul>	<p style="text-align: center;"><b>ESSENTIAL QUESTIONS</b></p> <p>Students will keep considering...</p> <ul style="list-style-type: none"> <li>• What career opportunities are available in the Food Industry and the education and training required? 9.1.1, 9.1.3</li> <li>• What are choices related to food and how will they influence well-being and health throughout a lifetime? 9.3.1, 9.3.1, 9.3.4, 9.3.6,14.2, 14.5.4, 8.5.14</li> <li>• What are the different factors that will influence food choices? 14.4.1, 14.4.2, 14.4.4, 14.4.5, 14.1.2, 14.1.3</li> <li>• Why should I be concerned about food borne illnesses in the food industry and safe-handling practices? 8.3.3</li> <li>• How do you properly take care of cooking equipment? 8.3.5</li> <li>• How do you properly use knives and other equipment and the repercussions of improper use? 8.5.1</li> </ul>
	<b>Acquisition</b>	
Students will know... <ul style="list-style-type: none"> <li>• The career opportunities available within food-based careers. 9.1.1</li> </ul>	Students will be skilled at... <ul style="list-style-type: none"> <li>• Cleaning and sanitizing equipment, meeting industry and OSHA standards. 8.3.3</li> </ul>	

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<p>10. Demonstrate procedures for safe and secure storage of equipment and tools. 8.3.5</p> <p>11. Demonstrate professional skills in safely handling of knives, tools, and equipment. 8.5.1</p> <p>12. Utilize weights and measurement tools to demonstrate knowledge of portion control and proper scaling and measurement techniques. 8.5.3</p> <p>13. Demonstrate cooking methods that increase nutritional value, lower calorie and fat content, and utilize herbs and spices to enhance flavor. 8.5.14</p> <p><b>ALASKA STANDARDS ALIGNMENT:</b>  <a href="#">Nutrition and Foods II</a></p>	<ul style="list-style-type: none"> <li>• Education requirements for career paths within food-based careers. 9.1.3</li> <li>• Food choices will have different influences on overall health and wellness. 14.4.1, 14.4.2, 14.4.4, 14.4.5</li> <li>• The government has a major control over food choices and availability. 14.1.3</li> <li>• Different nutrients will have different effects on health, appearance, and performance. 14.2, 14.5.4</li> <li>• Nutritional needs will change throughout a lifetime. 14.2</li> <li>• Diet fads, food addictions, and eating disorders will have effects on wellness. 9.3.1, 9.3.1, 9.3.4, 9.3.6</li> <li>• Conditions and practices that promote safe food handling and sanitation. 8.3.3</li> <li>• The federal, state, and local health inspection labeling systems. 9.2</li> <li>• Food borne illness factors. 9.2</li> <li>• The effects of food science and technology on meeting nutritional needs. 14.5.4</li> <li>• Requirements in order to select foods that promote a healthy lifestyle. 14.2</li> <li>• Procedures for safe and secure storage of equipment and tools used in cooking. 8.3.5</li> <li>• The professional skills in safe handling of knives, tools, and equipment. 8.5.1</li> </ul>	<ul style="list-style-type: none"> <li>• Safely and securely storing equipment and tools. 8.3.5</li> <li>• Safely handling of knives, tools, and equipment. 8.5.1</li> <li>• Utilizing weight and measurement tools to demonstrate knowledge of portion control and proper scaling and measurement techniques. 8.5.3</li> <li>• Demonstrating cooking methods that increase nutritional value, lower calorie and fat content, and utilize herbs and spices to enhance flavor. 8.5.14</li> </ul>
<b>Evidence</b>		
<b>Evaluative Criteria</b>	<b>Assessment Evidence</b>	
Food Safety	Alaska Food Handler’s Card	
Nutritional Choices	Common Nutritional Summative Assessment	

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### Resources

<http://www.nasafacs.org/national-standards-and-competencies.html>

[Nutrition Standards](#)

[Culinary Standards](#)

[Food Science Standards](#)