

KPBSD Nutrition of Foods I Curriculum – 2017

Industry Standards									
<p>National Standards for Family and Consumer Sciences Education</p> <ol style="list-style-type: none"> 1. Evaluate factors that affect food safety from production through consumption. 14.4.1, 14.4.2, 14.4.4, 14.4.5 2. Evaluate nutrition principles, food plans, preparation techniques, and specialized dietary plans. 9.3.1, 9.3.1, 9.3.4, 9.3.6 3. Analyze the effects of psychological, cultural, and social influences on food choices and other nutrition practices. 14.1.2 4. Analyze the governmental, economic, and technological influences on food choices and practices. 14.1.3 5. Evaluate the nutritional needs of individuals in relation to health and wellness across the lifespan. 14.2 6. Analyze the effects of food science and technology on meeting nutritional needs. 14.5.4 7. Demonstrate procedures for cleaning and sanitizing equipment, serving dishes, glassware, and utensils to meet industry standards and OSHA requirements. 8.3.3 8. Demonstrate procedures for safe and secure storage of equipment and tools. 8.3.5 	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th colspan="2" style="background-color: #e0e0e0; text-align: center;">Transfer Goals</th> </tr> </thead> <tbody> <tr> <td colspan="2"> <p>Students will be able to independently use their learning to...</p> <ul style="list-style-type: none"> • Make lifelong nutritional choices that promote a healthy lifestyle. • Cook and maintain in a personal kitchen in a safe manner to provide quality healthy meals. </td> </tr> <tr> <th colspan="2" style="background-color: #e0e0e0; text-align: center;">Meaning</th> </tr> <tr> <td style="width: 50%; vertical-align: top;"> <p style="text-align: center;">ENDURING UNDERSTANDINGS</p> <p>Students will understand...</p> <ul style="list-style-type: none"> • 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 • 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 • Food borne illness is a major concern within the food industry that can be controlled through safe-handling practices. 8.3.3 • Cooking equipment is costly to repair and that it needs to be cleaned and stored correctly. 8.3.5 • Knives and other cooking equipment can be dangerous if not used and handled correctly. 8.5.1 </td> <td style="width: 50%; vertical-align: top;"> <p style="text-align: center;">ESSENTIAL QUESTIONS</p> <p>Students will keep considering...</p> <ul style="list-style-type: none"> • 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 • 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 • Why should I be concerned about food borne illnesses in the food industry and safe-handling practices? 8.3.3 • How do you properly take care of cooking equipment? 8.3.5 • How do you properly use knives and other equipment and the repercussions of improper use? 8.5.1 </td> </tr> </tbody> </table>	Transfer Goals		<p>Students will be able to independently use their learning to...</p> <ul style="list-style-type: none"> • Make lifelong nutritional choices that promote a healthy lifestyle. • Cook and maintain in a personal kitchen in a safe manner to provide quality healthy meals. 		Meaning		<p style="text-align: center;">ENDURING UNDERSTANDINGS</p> <p>Students will understand...</p> <ul style="list-style-type: none"> • 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 • 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 • Food borne illness is a major concern within the food industry that can be controlled through safe-handling practices. 8.3.3 • Cooking equipment is costly to repair and that it needs to be cleaned and stored correctly. 8.3.5 • Knives and other cooking equipment can be dangerous if not used and handled correctly. 8.5.1 	<p style="text-align: center;">ESSENTIAL QUESTIONS</p> <p>Students will keep considering...</p> <ul style="list-style-type: none"> • 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 • 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 • Why should I be concerned about food borne illnesses in the food industry and safe-handling practices? 8.3.3 • How do you properly take care of cooking equipment? 8.3.5 • How do you properly use knives and other equipment and the repercussions of improper use? 8.5.1
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<p>9. Demonstrate professional skills in safe handling of knives, tools, and equipment. 8.5.1</p> <p>10. Utilize weights and measurement tools to demonstrate knowledge of portion control and proper scaling and measurement techniques. 8.5.3</p> <p>11. 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>ALASKA STANDARD ALIGNMENT: Nutrition and Foods I</p>	Acquisition	
	<p>Students will know...</p> <ul style="list-style-type: none"> • Food choices will have different influences on overall health and wellness. 14.4.1, 14.4.2, 14.4.4, 14.4.5 • The government has a major control over food choices and availability. 14.1.3 • Different nutrients will have different effects on health, appearance, and performance. 14.2, 14.5.4 • Nutritional needs will change throughout a lifetime. 14.2 • Diet fads, food addictions, and eating disorders will have effects on wellness. 9.3.1, 9.3.1, 9.3.4, 9.3.6 • Conditions and practices that promote safe food handling and sanitation. 8.3.3 • The federal, state, and local health inspection labeling systems. 9.2 • Food borne illness factors. 9.2 • The effects of food science and technology on meeting nutritional needs. 14.5.4 • Requirements in order to select foods that promote a healthy lifestyle. 14.2 • Procedures for safe and secure storage of equipment and tools used in cooking. 8.3.5 • The professional skills in safe handling of knives, tools, and equipment. 8.5.1 	<p>Students will be skilled at...</p> <ul style="list-style-type: none"> • Cleaning and sanitizing equipment, meeting industry, and OSHA standards. 8.3.3 • Safely and securely storing equipment and tools. 8.3.5 • Safe handling of knives, tools, and equipment. 8.5.1 • Utilizing weight and measurement tools to demonstrate knowledge of portion control and proper scaling and measurement techniques. 8.5.3 • Demonstrating cooking methods that increase nutritional value, lower calorie and fat content, and utilize herbs and spices to enhance flavor. 8.5.14
Evidence		
Evaluative Criteria	Assessment Evidence	
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](#)