

CTE Course Description and Standards Crosswalk

- The information on page 1 must be entered directly into the EED CTE Web Portal (log in at <https://www.eed.state.ak.us/tls/cte/perkins> with your district credentials)
- Then this entire form can be submitted by using the “Click here Provide Supporting Documentation” link on the Web Portal, or by emailing it to ctegrants@alaska.gov.

Basic CTE Course Information

| Course Information | |
|---|--|
| Course Name | Nutrition of Food |
| Course Number | HH800 |
| Number of High School Credits | .5 |
| Sequence or CTEPS (You must first have the Sequence or CTEPS name put into the system.) | Health, Human Services |
| Occupational Standards | |
| Source of Occupational Standards | Alaska Family and Consumer Science (AKFCS), American Association of Family and Consumer |
| Names/Numbers of Occupational Standards | |
| Registration Information | |
| Course Description (brief paragraph – as shown in your student handbook or course list) | This course is designed to provide firsthand experiences stressing nutritional science and the relationship with food. Students apply nutrition and wellness concepts in food labs. |
| Instructional Topic Headings (please separate each heading by a semi-colon) | Life choices now and later, Safety and sanitation, Nutrients: Carbohydrates, Fats and Proteins, Roles of vitamins and minerals, Water, Food becomes you: Culture of food, The food industry, Careers in Nutrition and Foods. |
| Summative Assessments and Standards | |
| Technical Skills Assessment | N |
| Course addresses Alaska GLEs | Y |

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|---|----------------------|
| Course addresses Employability Standards | Y |
| Course addresses Cultural Standards | Y |
| Course addresses All Aspects of Industry (AAI) | Y |
| Career & Technical Student Organization (CTSO) | |
| CTSO associated with this course | Skills USA, FCCLA |
| Tech Prep | |
| Current Tech Prep Articulation Agreement? (Y/N) | Y |
| Date of Current Agreement | Fall 2012 |
| Postsecondary Institution Name | University Of Alaska |
| Postsecondary Course Name | Healthy Cooking |
| Postsecondary Course Number | CA A115 |
| # of Postsecondary Credits | |

Additional CTE Course Information

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| Author | |
| Course developed by | Meggean L. Bos, MA |
| Course adapted from | New class |
| Date of last course revision | |
| Course Delivery Model | |
| Is the course brokered through another institution or agency? (Y/N) | No |
| Certificate, Credential, or License | |
| Industry-recognized skill certificate, credential, or state license that a student is eligible for upon successful completion of the course? | None |
| Issuing body/organization/agency | |

Standards Alignment

| Student Performance Standards (Learner Outcomes or Knowledge & Skill Statements) | Specific Occupational Skills Standards | Alaska Reading, Writing, Math, & Science Standards | Alaska Employability Standards | Alaska Cultural Standards | All Aspects of Industry | Formative Assessment |
|---|---|---|---------------------------------------|----------------------------------|---|-------------------------------|
| Analyze factors that influence nutrition and wellness | 14.1.2, 14.1.3, 14.1.4 | R4.2 | B3 | A1, A3 | Community, Health | Pre/Post test Project |
| Evaluate the nutrition needs of individuals including sports performance, eating disorders, dieting, food information | 14.2.1, 14.2.3, 14.2.4, 14.3.1, 14.3.2 | R4.2 | B3 | A3, D4 | Health, Community | Case Studies Pre/Post test |
| Demonstrate food safety and sanitation procedures | 8.2.1, 8.2.5, 8.2.7, 8.2.10, 14.4.1, 14.4.2, 14.4.5 | | A6 | | Production, Work Habits, Labor, Planning, Finance | Food Labs |
| Demonstrate menu planning principles and techniques | 8.4.2, 8.4.3, 8.4.7 | R4.2 W4.2 | A1 | | Production, Work Habits, Labor, Planning, Finance | Menu planning project |
| Demonstrate food preparation methods and techniques to produce a variety of food products | 8.5.1, 8.5.2, 8.5.4, 8.5.5, 8.5.7, 8.5.14, | R4.4 | A1 | | Production, Work | Food Labs |

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|--|---|---|---------------------------------------|----------------------------------|----------------------------------|--|
| | 9.2.1, 9.2.2, 9.2.5 | | | | Habits, Labor, Planning, Finance | |
| Evaluate nutrition principles, food plans, preparation techniques, and dietary plans | 9.3.1, 9.3.2, 9.3.3, 9.3.6, 9.3.7 | R4.2 W4.2 | A6 | C2, E8 | Health, Community | Pre/Post test Menu planning Food Labs |
| Apply basic concepts of nutrition including individual needs, modified diets, health maintenance, and disease prevention | 9.4.1, 9.4.4, 9.4.5 | R4.2 | B2 | C3, D4 | Health, Community | Case study/analysis application of concepts |
| Conduct sensory evaluations of food products in conjunction with the understanding of current technology | 9.5.4, 9.5.6, 9.5.7, 14.5.1, 14.5.2, 24.5.3 | R4.2 | A1, B1 | E8 | Work Habits, Production | Food Labs Sensory Lab Pre/Post on technology |
| Demonstrate dietetics, nutrition principles, practices | 9.6.1, 9.6.2, 9.6.4, 9.6.6, 9.6.9 | R4.2 | A1 | | Health | Food Labs Menu planning Recipe creation |
| Analyze career paths within food production and food services industries. | 8.1.1, 8.1.2, 8.1.3, 9.1.1, 9.1.2, 9.1.3 | R4.2 W4.2 | B1-5 | E8 | Health, Labor | Research paper |

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Instructional Resources

List the major instructional resources used for this course: (websites, textbooks, essential equipment, reference materials, supplies)

Ipad Applications:

- Moodboard
- PuppetPals
- Toontastic
- Brain Pop
- Fun Food Facts
- Eat and Move
- Nutrition Tips
- Fiber Tracker
- Eat This Not That
- Calorie Counter
- AFIT
- Fast Food
- Foodie
- Recalls
- My Fitness Pal
- Live Well
- Nutrition Facts
- Food Meter
- Health Tips
- The Eatery
- Whats4Dinner
- All Recipes

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Cookulator Lite
Easy Recipes
Appetites
Tiny Chef
Cooking Dash
Big Fork/Little Fork
Order Up

Print Resources

Choices Magazine: 10 Worst Foods for Teens
Washington Dairy Council: Food and Activity Journal
Time Magazine: Nutrition In a Pill
Glencoe Health
Time Magazine: The Oz Diet
Washington Dairy Council: My Personal Plate
Washington Dairy Council: My Plate Wheel
Portion Distortion
Glencoe: Food For Today
Glencoe: Nutrition and Wellness textbook
Choices Magazine: Food Safety
Shop Smart: Bad Eats
Anatomy Color Workbook: Digestive System
National Dairy Council: Thinking about Calcium
National Cattleman's Beef Association: Take a Cook on the Wild side cooking methods
USDA: Is it Done Yet
Pork council: A Consumer's Guide to Purchasing Pork
Egg Nutrition Center: A Dozen Reasons to Eat Eggs
Weight Watchers: So, you call yourself a vegetarian?
Sugar Association: Sugar's Functional Roles in Cooking and Food Preparation
Michigan Department of Health: Shaking the Habit
Michigan Education Special Services Association: Getting the Salt Out
www.nih.gov Checking your Cholesterol and Heart Disease
Michigan Department of Health: Water Your Liquid Asset

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FDA Consumer: Revealing Trans Fats

Choices: Water Warning

Alaska Department of Fish and Game: Subsistence in Alaska

Alaska Magazine: Subsistence update

Alaska Native Tribal Health Consortium: Traditional Food Guide

Videos:

Super Size Me (extra features)

Nutrition Controversies

6 minute MyPlate

The Great Food Fight

Spoiled Rotten

Table Manner Murders

Why Do We Eat What We Do?

Modern Meat

A New Look At Pork

The Incredible Classroom Eggsperience

Killer At Large

Vegetarian Cooking

Carbs

The History of American Cuisine

Food, A Multicultural Feast

Food Network: Assorted episodes. Vary on time

YouTube.com

Labs:

Blind comparison Mac and Cheese

Pasta Salad

Fajitas

Mini Meatloaf

Stir Fry

Pumpkin Pancakes

Applesauce

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Fruit cobbler
Fruit Tasting
Crepes
Elephant Ears
Mini Pizzas
Smoothies
Gumbo
Chili
Cookies
Cheesy Halibut
Other Assorted Recipes (vary)

Other Resources:

Take Aim: A Nutrition Game
Food Nutrition cards
Cooking Terms Bingo
Cooking Tools Bingo
Measure Up (a game of equivalences)
How much Salt? Tubes
How much Fat? Tubes
How much Sugar? Tubes
Model of Arteries
Food Terms Challenge
GloGerm
MyPlate Demo
Food Models (serving sizes)
Kerplunk
Nutrition/Food Education trivia catch
Other Teacher based ideas