

# KPBSD Nutrition of Foods I Curriculum – 2017

Industry Standards	
National Standards for Family and Consumer Sciences Education	Transfer Goals
	Meaning
<p><b>1.</b> Evaluate factors that affect food safety from production through consumption. 14.4.1, 14.4.2, 14.4.4, 14.4.5</p> <p><b>2.</b> Evaluate nutrition principles, food plans, preparation techniques, and specialized dietary plans. 9.3.1, 9.3.1, 9.3.4, 9.3.6</p> <p><b>3.</b> Analyze the effects of psychological, cultural, and social influences on food choices and other nutrition practices. 14.1.2</p> <p><b>4.</b> Analyze the governmental, economic, and technological influences on food choices and practices. 14.1.3</p> <p><b>5.</b> Evaluate the nutritional needs of individuals in relation to health and wellness across the lifespan. 14.2</p> <p><b>6.</b> Analyze the effects of food science and technology on meeting nutritional needs. 14.5.4</p> <p><b>7.</b> Demonstrate procedures for cleaning and sanitizing equipment, serving dishes, glassware, and utensils to meet industry standards and OSHA requirements. 8.3.3</p> <p><b>8.</b> Demonstrate procedures for safe and secure storage of equipment and tools. 8.3.5</p>	<p>Students will be able to independently use their learning to...</p> <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> <p><b>ENDURING UNDERSTANDINGS</b></p> <p>Students will understand...</p> <ul style="list-style-type: none"> <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><b>ESSENTIAL QUESTIONS</b></p> <p>Students will keep considering...</p> <ul style="list-style-type: none"> <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>

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		<b>Acquisition</b>
<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><b>Students will know...</b></p> <ul style="list-style-type: none"> <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>	<p><b>Students will be skilled at...</b></p> <ul style="list-style-type: none"> <li>• Cleaning and sanitizing equipment, meeting industry, and OSHA standards. 8.3.3</li> <li>• Safely and securely storing equipment and tools. 8.3.5</li> <li>• Safe 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>

## ALASKA STANDARD ALIGNMENT: Nutrition and Foods I

### Evidence

<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](#)