Food and Nutrition

Food and Nutrition may be taught as a one-credit-or half-credit course. For a half-credit course, content standards 2, 3, 4, 5, 6, 9, 11, 12, 13, and 18 must be included. Topics include the impact of daily nutrition and wellness practices on long-term health and wellness; physical, social, and psychological aspects of healthy nutrition and wellness choices; selection and preparation of nutritious meals and snacks based on United States Department of Agriculture (USDA) Dietary Guidelines and Food Guide Pyramid; safety, sanitation, storage, and recycling processes and issues associated with nutrition and wellness; impacts of science and technology on nutrition and wellness issues; and nutrition and wellness career paths.

Career and technical student organizations are integral, cocurricular components of each career and technical education course. These organizations serve as a means to enhance classroom instruction while helping students develop leadership abilities, expand workplace-readiness skills, and broaden opportunities for personal and professional growth.

Food

Students will:

- 1. Analyze national and international food production and distribution systems to determine the influence of each on the food supply.
- 2. Explain how food choices and food production are influenced by psychological, social, cultural, nutritional, economical, global, environmental, geographical, and technological factors.
- 3. Interpret legislation and regulations related to food production and consumption.

Nutrition

- 4. Determine nutritional and fitness needs of individuals and families across the life span.
- Analyze nutritional standards in planning recipes and menus to meet nutritional needs of individuals across the life span.
 Examples: USDA Dietary Guidelines for Americans, USDA Food Guide Pyramid
- 6. Evaluate the impact of diet fads, food addictions, and eating disorders on fitness and wellness.
- 7. Describe the impact of daily food choices on health and wellness.
- 8. Determine current trends and issues in health, wellness, and nutrition.

Meal Management and Service

- 9. Prepare a nutritious menu.
 - Interpreting recipes in food production
 - Demonstrating safe and correct use of equipment
 - Practicing food safety in food production, handling, service, and storage
 - Using correct hygiene and health procedures
 - Organizing kitchen space
 - Demonstrating a variety of creative food presentation techniques
- 10. Compare the cost and nutritive value of preparing food at home versus purchasing fast food.
 - Describing savings through bulk food purchasing
- 11. Apply management principles when planning, purchasing, preparing, storing, and serving food.
- 12. Judge the quality of prepared food.
- 13. Demonstrate etiquette, manners, and proper table settings for various occasions.

Cuisine

- 14. Analyze recipes and menus from other countries for nutritional values.
- 15. Demonstrate food preparation techniques used in national and international cuisines.

Special Occasions

- 16. Demonstrate food preparation techniques required when preparing food for special occasions.
 - Analyzing methods of serving food for special occasions Examples: receptions, luncheons, buffets
- 17. Demonstrate a variety of creative food presentation techniques.

Technology and Careers

- 18. Determine the impact of technology on food production, choices, and nutrition. Examples: biotechnology, hormone injection
- 19. Identify careers and entrepreneurial opportunities in the field of food and nutrition.