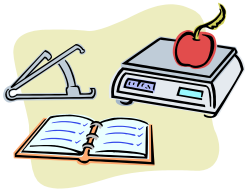
Foods I



Foods I *This course examines the nutritional needs of the individual. Emphasis is placed on the relationship of diet to health, kitchen and meal management, food preparation and sustainability for a global society, and time and resource management. Work-based learning strategies appropriate for this course include project and lab based experiences.*

1.00	**Understand methods for safety, sanitation, processes and conserving resources.**
1.01	*Understand safety and sanitation for food preparation.*
1.02	*Understand processes and benefits of a work plan and teamwork for preparing healthy foods.*
1.03	*Understand food conservation practices.*
2.00	**Understand methods for food preparation.**
2.01	*Remember recipe parts and sources.*
2.02	*Remember equipment and procedures for its use and care.*
2.03	*Remember measuring, cutting/preparation, mixing, and cooking/cleaning terms.*
2.04	*Understand how to interpret food label information and adjust recipes.*
2.05	*Understand procedures, equipment and cooking methods in food preparation.*
B	**FOOD CHOICES, HEALTH, RESOURCES, AND MEAL PREPARATION**
3.00	**Understand the principles of etiquette for meal service.**
3.01	*Understand the principles of basic table setting and meal service.*
3.02	*Understand the principles of table manners.*
4.00	**Understand the relationship between food choices and health.**
4.01	*Understand the six nutrient groups in food.*
4.02	*Understand nutritional needs through the life cycle, special nutritional needs, and types of eating plans.*
5.00	**Understand food choices.**
5.01	*Understand influences on food choices.*
5.02	*Understand guidelines for healthful food choices*
6.00	**Apply methods for meal planning and preparation.**
6.01	*Understand strategies of selecting and storing food.*
6.02	*Understand strategies in meal planning.*
6.03	*Apply methods to prepare healthy meals and snacks.*