

Food Exploration 8th Grade

Spanish Fork Junior High
2012-2013

FACS Exploration Food and Nutrition

This course provides students the opportunity to learn essential life skills. It allows them to develop skills in food and nutrition.

Standard 1

Reading a Recipe

Objective 1 - I can explain various cooking terms.

Objective 2- I can measure liquid and dry ingredients correctly.

Objective 3- I can double a recipe.

Objective 4- I can explain the purpose of recipe ingredients.

Objective 5- I can compute correct equivalents.

Standard 2

Safety & Sanitation

Objective 1- I can identify safety hazards in the kitchen.

Objective 2- I can practice identifying safety and sanitation hazards.

Objective 3- I can list the steps for washing dishes.

Standard 3

Equipment/Appliances

Objective 1- I can identify various pieces of kitchen equipment.

Objective 2- I can explain the function of kitchen equipment.

Objective 3- I can identify the major appliances used in the kitchen.

Objective 4- I can identify the safety procedures required to use major appliances in the kitchen.

Standard 4

Dietary Guidelines

Objective 1- I can identify the USDA Dietary Guidelines for Americans.

Objective 2- I can apply the guidelines in my life.

Standard 5

Fruits & Vegetables

Objective 1- I can identify the classifications of fruits and vegetables.

Objective 2- I can prepare various fruit and vegetables labs.

Objective 3- I can use the food comparison card to identify the nutritive values of fruits & vegetables.

Objective 4- I can identify proper buying & storing techniques for fruits and vegetables.

Standard 6

Protein Group

Objective 1- I can identify foods that are found in the protein group.

Objective 2- I can identify where protein foods originate.

Objective 3- I can learn and practice methods of preparing protein foods.

Objective 4- I can identify the nutritional value of proteins.

Standard 7

Nutrition Basics

Objective 1- I can discuss the basic reasons why we eat.

Objective 2- I can demonstrate my understanding of the concept of nutrient density.

Objective 3- I can read food labels and apply the information for practical use.

Objective 4- I can recite the major nutrients, their sources and functions.

Objective 5- I can identify the food groups.

Standard 8

Breads, Cereals, Rice & Pasta

Objective 1- I can identify the foods found in bread, cereal, rice and pasta group.

Objective 2- I can identify the various whole grains.

Objective 3- I can identify whole grain products.

Objective 4- I can cook with whole grains.

Objective 5- I can cook explain the role of grains in a healthy diet.

Objective 6- I can sample a variety of grain products.

Standard 9

Milk, yogurt & Cheese Group

Objective 1- I can identify foods and products found in the milk, yogurt & cheese group.

Objective 2- I can observe and prepare milk products using correct cooking procedures.

Objective 3- I can identify the nutrients found in milk products.

Objective 4- I can explain what the terms osteoporosis prevention mean and explain how I can apply these principles to prevent osteoporosis.

Objective 5- I can complete comparison charts on nutrients and costs of milk products.