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.