

Food and Nutrition I

Spanish Fork Junior High
2012-2013

This course is designed for students who are interested in understanding the principles of nutrition and in maintaining a healthy life style. Attention will be given to the selection and preparation of food and personal health and well-being.

Standard 1

Students will apply the skills of kitchen equipment and management.

Objective 1: I can identify types, use and care of selected kitchen equipment.

Objective 2: I can explain the basic principles of cooking in a microwave.

Objective 3: I can identify appropriate abbreviations, food-measurement terminology, techniques, equivalents, and calculate recipe-size adjustments and demonstrate proper measuring techniques.

Objective 4: I can explain basic food-preparation terminology.

Standard 2

Students will consistently demonstrate kitchen safety procedures and sanitation techniques.

Objective 1: I can apply established safety rules and guidelines to maintain a safe working environment.

Objective 2: I can identify proper first-aid procedures for cuts, burns and electrical shock.

Objective 3: I can identify and apply sanitation rules and guidelines.

Objective 4: I can identify methods that prevent food-borne illnesses and contamination.

Standard 3

Students will explore the current Dietary Guidelines and ChooseMyPlate.gov.

Objective 1: I can identify the six Dietary Guidelines and the key recommendations for each.

Objective 2: I can demonstrate knowledge of MyPlate.

Objective 3: I can demonstrate knowledge of healthy eating patterns.

Standard 4

Students will identify the sources and function of carbohydrates and fiber and apply appropriate food preparation techniques.

Objective 1: I can identify carbohydrates, their sources and functions and the importance of whole grains in the body.

Objective 2: I can identify fiber, its sources and functions.

Objective 3: I can apply food selection and preparation guidelines related to quick breads, rice, grains and pasta.

Standard 5

Students will identify the sources and functions of proteins and fats and apply appropriate food preparation techniques.

Objective 1: I can identify proteins (complete and incomplete), their sources and functions in the body.

Objective 2: I can apply food selection and preparation guidelines related to egg products.

Objective 3: I can apply food selections and preparation guidelines related to milk and milk products.

Objective 4: I can identify fats, their sources, functions and related health concerns.

Standard 6

Students will identify the sources, function of vitamins, minerals and water and apply appropriate food preparation techniques.

Objective 1: I can identify vitamins, their food sources, functions and deficiencies in the body.

Objective 2: I can identify minerals, their sources, functions and deficiencies in the body.

Objective 3: I can identify the functions of water in the body.

Objective 4: I can apply food selection and preparation guidelines related to fruits and vegetables.