



# Food *for* Today

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STANDARDS	PAGE REFERENCES
<b>NUTRITION AND FOODS</b>	
<p>Course Description: <i>Nutrition and Foods</i> is a specialized course designed to help students understand the nutrient value, appetite appeal, social significance, and cultural aspects of food. Students will examine the role of nutrition in the prevention of health conditions, such as obesity, and the promotion of optimal body performance throughout the life span. The course offers students opportunities to develop skills in the safe and sanitary selection, preparation, storing, and serving of food; meal management to meet individual and family nutrition needs across the life span; and optimal use of food resources. Instruction includes academic integration and technology applications. Careers in nutrition and food industries will be explored.</p>	
<b>Course Standards and Expectations</b>	
<p><b>Standard 1.0 Demonstrate leadership, citizenship and teamwork skills required for success in the family, workplace and community.</b></p>	
<p><b>Expectations and Performance Indicators:</b></p>	
<p>1.1 Examine the components of (FCCLA) Family, Career, and Community Leaders of America, the co-curricular student organization, and the relationship to the Nutrition and Foods course of study.</p>	<p><b>Student Edition:</b> <i>Career Prep</i> 178-179 <b>Teacher Wraparound Edition:</b> CP 179-179; TM-32</p>
<p>1.2 Plan activities using the FCCLA process.</p>	<p><b>Student Edition:</b> <i>Career Connection</i> 179 <i>Career Prep</i> 178-179, 216-217, 528-529 <b>Teacher Wraparound Edition:</b> CP 178-179</p>

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1.3 Apply leadership, citizenship, and teamwork skills as an integral part of classroom activities.	<b>Student Edition:</b> <i>Apply Your Learning</i> 389 #2 <i>Career Connection</i> 179 <i>Foods Lab</i> 275, 295, 339, 353, 389, 429, 447 <b>Teacher Wraparound Edition:</b> T 261
<b>Standard 2.0 Analyze factors that influence nutrition and food practices in a multi-cultural society.</b>	
<b>Expectations and Performance Indicators:</b>	
2.1 Examine the influence of social, psychological, technological, governmental, and scientific developments on nutrition and food practices.	<b>Student Edition:</b> 35-36, 36-40, 54-55, 56, 56-59, 63, 64-67, 68-69, 149-152, 152-154, 160-161, 176-179, 197-199 <b>Teacher Wraparound Edition:</b> CT 199; RC 198, 200
2.2 Evaluate food habits and meal patterns in terms of family values, customs and cultural influences.	<b>Student Edition:</b> 23-25, 25-28, 29-30, 35-36, 36-40, 40-41, 41-44, 44, 197-199, 199-202 <b>Teacher Wraparound Edition:</b> CC 26, 36, 198; CoC 200; CT 199; RC 40, 200
2.3 Investigate current health concerns related to nutrition and foods.	<b>Student Edition:</b> 68-69, 160, 160-161, 161-163, 163-167, 173-176, 175, 175-176, 176-179, <b>Teacher Wraparound Edition:</b> PSS 161; RC 68, 164, 176, 178
<b>Standard 3.0 Evaluate the nutritional needs of individuals and families in relation to health and wellness across the life span.</b>	
<b>Expectations and Performance Indicators:</b>	
3.1 Illustrate basic principles of nutrition to promote healthy food choices.	<b>Student Edition:</b> 77-81, 81-84, 91, 95-98, 103-107, 107-113, 117-123, 123-127, 131-134, 134-137, 143-149, 152-154 <b>Teacher Wraparound Edition:</b> CC 105; CT 145; T 176, 178
3.2 Assess the effect of nutrients on health, appearance, and peak performance.	<b>Student Edition:</b> 68-69, 77-81, 106, 110-113, 160, 160-161, 161-163, 163, 163-167, 188-189, 189-191 <b>Teacher Wraparound Edition:</b> CT 78, 79

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3.3 Research the problems of obesity and eating disorders and identify factors that contribute to their prevention.	<b>Student Edition:</b> 78-79, 160, 160-161, 161-163, 163, 163-167, 176-179 <b>Teacher Wraparound Edition:</b> CC 177; RC 176, 177; T 161, 165
3.4 Demonstrate the use of current dietary guidelines in meeting individual nutritional needs of individuals and families across the life span.	<b>Student Edition:</b> 183, 184-185, 185-187, 187-188, 188-189, 189-191 <b>Teacher Wraparound Edition:</b> RC 184, 186, 188, 190
<b>Standard 4.0 Demonstrate safety and sanitation procedures when handling, preparing, storing, and serving food.</b>	
<b>Expectations and Performance Indicators:</b>	
4.1 Identify potential health and wellness risks involving safety and sanitation hazards in the kitchen.	<b>Student Edition:</b> 279-280, 281-282, 282-283, 283-284, 284, 284-289, 297, 298, 298-299, 300, 300-301, 301, 301-303, 303 <b>Teacher Wraparound Edition:</b> RC 280, 282, 300
4.2 Acquire one hundred percent mastery of safety and sanitation standards needed to ensure a safe environment for laboratory experiences.	<b>Student Edition:</b> 281-282, 282-283, 283-284, 284-289, 297, 298, 298-299, 300, 300-301 <i>Apply Your Learning</i> 295 #1-#5, 305 #1-#4 <b>Teacher Wraparound Edition:</b> T 285, 301
4.3 Practice safety and sanitation procedures when handling, preparing, storing, and serving food.	<b>Student Edition:</b> <i>Foods Lab</i> 295, 305, 365, 381, 389, 399, 447, 461 <i>Food Science Experiment</i> 305, 381 <b>Teacher Wraparound Edition:</b> CT 283, 286, 287, 297; MS 283; T 284-285, 298
<b>Standard 5.0 Demonstrate ability to select, prepare, and serve nutritious and aesthetically pleasing foods.</b>	
<b>Expectations and Performance Indicators:</b>	
5.1 Examine the effects of various kitchen designs, tools, equipment, and technology on food preparation.	<b>Student Edition:</b> 39-40, 69-70, 307-309, 309-311, 311-314, 314-317, 317, 318-322, 322-326, 326 <b>Teacher Wraparound Edition:</b> MDN 69; RC 70, 322; SA 39

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5.2 Apply basic food preparation principles when preparing selected foods.	<b>Student Edition:</b> 355-358, 358-360, 360-361, 361, 361-363 <i>Foods Lab</i> 365 <b>Teacher Wraparound Edition:</b> CS 357; RC 356, 358, 362; T 356, 359, 360
5.3 Identify science principles of food preparation.	<b>Student Edition:</b> 367-369, 369, 369-371, 371-373, 373-375, 375-358, 421-422, 438-443, 466, 484-486, 494-495, 510, 537, 576-578, 609, 611-613, 627-628
5.4 Demonstrate appropriate dining etiquette and table service.	<b>Student Edition:</b> 253-254, 254-255, 255-257, 257, 257-259, 259-260, 260-262, 268-270, 270-273 <i>Apply Your Learning</i> 265, 275 <i>Foods Lab</i> 275 <b>Teacher Wraparound Edition:</b> CS 273; MDN 253, 254, 270
5.5 Plan and evaluate individual and family meals	<b>Student Edition:</b> 221-222, 223-224, 224, 225-228, 228-229, 229-230, 230-231 <b>Teacher Wraparound Edition:</b> MS 151
<b>Standard 6.0 Explore career opportunities and preparation requirements for careers in the nutrition and food industries.</b>	
<b>Expectations and Performance Indicators:</b>	
6.1 Assess and compare personal qualifications, interest, values and educational preparation necessary for employment in the nutrition and foods industry.	<b>Student Edition:</b> <i>Career Pathways</i> 71, 99, 155, 263, 293, 445, 567, 603, 645, 669 <b>Teacher Wraparound Edition:</b> T 71, 99, 155, 293, 645
6.2 Examine jobs and preparation requirements for careers in nutrition and foods industries.	<b>Student Edition:</b> <i>Career Pathways</i> 71, 87, 99, 155, 293, 445, 645 <i>Career Prep</i> 230-231, 302-303 <b>Teacher Wraparound Edition:</b> CP 230-231, 302-303 T 71, 87, 99, 155, 645

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<p><b>Standard 7.0 Apply consumer practices in the selection of food to meet nutritional needs and equipment used in food preparation.</b></p>	
<p><b>Expectations and Performance Indicators:</b></p>	
<p>7.1 Describe a variety of factors affecting consumer food purchases.</p>	<p><b>Student Edition:</b> 64-67, 235-237, 238-239, 239-242, 242-243, 243-245</p> <p><b>Teacher Wraparound Edition:</b> CT 238, 241; MS 237; RC 236, 238; T 245</p>
<p>7.2 Investigate the impact of global and local events and conditions on nutrition and food choices and practices.</p>	<p><b>Student Edition:</b> 49-50, 51-54, 54-55, 56, 56-59</p> <p><b>Teacher Wraparound Edition:</b> CT 50, 55, 243; RC 54</p>
<p>7.3 Describe decisions to be made for purchasing kitchen equipment and appliances.</p>	<p><b>Student Edition:</b> 311-314, 314-317, 317, 318-322, 322-326</p> <p><b>Teacher Wraparound Edition:</b> CT 317; CoC 315, 317; MA 313, 320; RC 312, 316; T 314, 316</p>
<p>7.4 Examine legislation and regulations related to nutrition and foods (nutrition labels, meat inspection, etc).</p>	<p><b>Student Edition:</b> 148-149, 199-200, 223-224, 239-242, 492, 509-510, 534-535</p> <p><b>Teacher Wraparound Edition:</b> RC 224; T 509</p>
<p>7.5 Compare nutritional information of food products and recipes.</p>	<p><b>Student Edition:</b> 239-242</p> <p><i>Foods Lab</i> 209, 353</p> <p><b>Teacher Wraparound Edition:</b> CT 241; E 671; T 189, 214</p>
<p>7.6 Evaluate nutritional information reliability and claims made for dietary supplements, diet aids and diet fads.</p>	<p><b>Student Edition:</b> 149-152, 152-154, 167-168, 239-242</p> <p><b>Teacher Wraparound Edition:</b> CT 241; RC 148, 152, 154; SSA 168; T 149, 213, 154</p>
<p><b>Standard 8.0 Research and evaluate ethnic and foreign foods.</b></p>	
<p><b>Expectations and Performance Indicators:</b></p>	
<p>8.1 Describe the origins of foods of the seven main regions of the United States (New England, Mid-Atlantic, South, Midwest, West and Southwest, Pacific Coast, and Hawaiian Islands) and Canada.</p>	<p><b>Student Edition:</b> 662-666, 666-668</p> <p><i>Apply Your Learning</i> 671 #1, #4</p> <p><b>Teacher Wraparound Edition:</b> RC 662, 664, 666, 668</p>

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8.2 Prepare foods representative of the seven main regions and Canada.	<p><b>Student Edition:</b>  <i>Apply Your Learning</i> 671 #2-#3  <i>Try This Recipe</i> 442, 468, 512, 572, 663, 668</p> <p><b>Teacher Wraparound Edition:</b>            EC 662</p>
8.3 Identify and research food customs of Latin America, Europe, the Mediterranean Countries, the Middle East and Africa, and Asia.	<p><b>Student Edition:</b>            673-677, 678, 683-689, 689-691, 695-698, 699-701, 701-702, 708-710, 710-711, 712-713, 717-720, 721, 721-723</p> <p><b>Teacher Wraparound Edition:</b>            CT 687, 690, 709, 713</p>
8.4 Prepare foods native to Latin America, Europe, the Mediterranean Countries, the Middle East and Africa, and Asia.	<p><b>Student Edition:</b>  <i>Apply Your Learning</i> 681 #2-#3, 693 #2-#3, 793 #2-#3  <i>Foods Lab</i> 681, 693, 705  <i>Try This Recipe</i> 677, 678, 684, 686, 688, 697, 700, 701, 702, 708, 710, 719, 720, 728, 731</p>