

# Family and Consumer Sciences: Foods and Nutrition

Determine how changes in technology have increased food choices. FN1

1 Determine how changes in technology have increased food choices. FN1

Identify these influences and trends related to food choices: FN2

a physical FN2A

b social FN2B

c cultural FN2C

d economic FN2D

Explain how digestion turns food into usable nutrients. FN3

3 Explain how digestion turns food into usable nutrients. FN3

Propose a balanced meal plan using the Dietary Guidelines for Americans and MyPlate. FN4

4 Propose a balanced meal plan using the Dietary Guidelines for Americans and MyPlate. FN4

Examine how personal food choice affects nutrition, personal wellness, and maintaining a healthy weight. FN5

5 Examine how personal food choice affects nutrition, personal wellness, and maintaining a healthy weight. FN5

Research various eating disorders and identify sources of help. FN6

6 Research various eating disorders and identify sources of help. FN6

Demonstrate and/or practice basic cooking

7 Demonstrate and/or practice basic cooking methods to prepare a variety of foods. FN7

methods to prepare a variety of foods. FN7

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Identify and use basic kitchen equipment and tools. FN8

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8 Identify and use basic kitchen equipment and tools. FN8

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Manage a safe, effective, and productive lab while utilizing teamwork. FN9

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9 Manage a safe, effective, and productive lab while utilizing teamwork. FN9

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Practice measuring techniques for liquid and dry ingredients. FN10

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10 Practice measuring techniques for liquid and dry ingredients. FN10

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Change yield of recipe. FN11

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11 Change yield of recipe. FN11

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Inspect food labels for nutrition and food additives. FN12

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12 Inspect food labels for nutrition and food additives. FN12

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Recognize the value of following a shopping plan for food. FN13

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13 Recognize the value of following a shopping plan for food. FN13

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Calculate the difference in cost and identify variances in nutrition among semi-prepared, fully prepared convenience meals, fast food or other quick service meals, and home prepared foods. FN14

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14 Calculate the difference in cost and identify variances in nutrition among semi-prepared, fully prepared convenience meals, fast food or other quick service meals, and home prepared foods. FN14

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Calculate unit price using comparison shopping methods; compare labels to create a meal plan based on cost and personal nutrition needs. FN15

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15 Calculate unit price using comparison shopping methods; compare labels to create a meal plan based on cost and personal nutrition needs. FN15

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Examine and select convenience foods

16 Examine and select convenience foods according to time saved, cost and quality. FN16

according to time saved,  
cost and quality. FN16

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Identify and practice  
various types of food  
presentation  
techniques. FN17

**17** Identify and practice various types of food presentation techniques. FN17

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Practice dining etiquette  
and table set up when  
eating at a restaurant or  
in the home. FN18

**18** Practice dining etiquette and table set up when eating at a restaurant or in the home. FN18

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Demonstrate waste  
disposal and recycling  
methods. FN19

**19** Demonstrate waste disposal and recycling methods. FN19

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Demonstrate proper  
safety, sanitation,  
storage and preparation  
techniques in handling  
food from purchase,  
preparation, cooking,  
cooling, to  
reheating. FN20

**20** Demonstrate proper safety, sanitation, storage and preparation techniques in handling food from purchase, preparation, cooking, cooling, to reheating. FN20

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Categorize careers in  
nutrition and food  
service according to skill  
required and type of  
job. FN21

**21** Categorize careers in nutrition and food service according to skill required and type of job. FN21

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Assess employment  
opportunities and  
preparation  
requirements. FN22

**22** Assess employment opportunities and preparation requirements. FN22

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Demonstrate  
employability and social  
skills relevant to the  
career cluster. FN23

**23** Demonstrate employability and social skills relevant to the career cluster. FN23

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Demonstrate safe,  
sanitary work habits  
required by the  
field. FN24

**24** Demonstrate safe, sanitary work habits required by the field. FN24

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**Demonstrate written, verbal and non-verbal communication skills.** FN25

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**25 Demonstrate written, verbal and non-verbal communication skills.** FN25

**Demonstrate and practice knowledge of food service safety and sanitation procedures and the factors that contribute to food borne illnesses.** FN26

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**26 Demonstrate and practice knowledge of food service safety and sanitation procedures and the factors that contribute to food borne illnesses.** FN26

**Apply time management skills.** FN27

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**27 Apply time management skills.** FN27

**Demonstrate employability and social skills relevant to the industry.** FN28

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**28 Demonstrate employability and social skills relevant to the industry.** FN28

**Utilize activities of the Family, Career and Community Leaders of America (FCCLA) student organization as an integral component of course content and leadership development.** FN29

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**29 Utilize activities of the Family, Career and Community Leaders of America (FCCLA) student organization as an integral component of course content and leadership development.** FN29

**Apply math, science, and communication skills within technical content.** FN30

**30 Apply math, science, and communication skills within technical content.** FN30