

# Food and Nutrition 2 (2025)

**Understand food and nutrition careers and food safety management.** 1.00

- 1 Remember food and nutrition career pathways and the lean canvas model for entrepreneurship.** 1.01
- 2 Understand causes of foodborne illness.** 1.02
- 3 Understand purchasing and receiving protocols for food safety.** 1.03
- 4 Understand contributing factors to foodborne illness.** 1.04
- 5 Understand how to maintain food safe facilities.** 1.05
- 6 Understand food safety management.** 1.06

**Understand nutrition principles and applications.** 2.00

- 1 Understand nutrients and their role in healthy food preparation.** 2.01
- 2 Understand meal planning and food preparation for different stages of the life cycle.** 2.02
- 3 Understand meal planning and food preparation for special diets.** 2.03
- 4 Understand sports nutrition and meal planning and food preparation for athletes.** 2.04

**Understand local, national, and global foodways.** 3.00

- 1 Understand food systems and local food.** 3.01
- 2 Understand global cuisines and preparation methods.** 3.02

**Analyze food and nutrition opportunities to meet the needs of customer-clients.** 4.00

- 1 Analyze recipes to modify cooking techniques and ingredients to develop a healthy and well-balanced menu.** 4.01
- 2 Analyze startup processes for ventures in food and nutrition.** 4.02