

## FOODS

Grades 9-12

Prerequisite: None

This one semester course provides students with basic nutrition and wellness knowledge and basic food preparation skills. Emphasis is placed on food preparation, kitchen and meal management and the relationship of diet to health. Topics of study include nutrition, meal planning, label information, safety and sanitation, kitchen equipment, measuring, use of recipes, basic food preparation and consumer skills. The curriculum is aligned to the CA CTE Model Curriculum Standards and Career Ready Standards for the Hospitality, Tourism, and Recreation industry sector and Food Science, Dietetics and Nutrition career pathway.

### **Understanding and Knowledge**

- Food preparation
- Nutrition

### **Skills**

Students will be able to:

- Demonstrate safe and sanitary food preparation
- Prepare nutritionally balanced meals to promote a healthy diet
- Prepare a variety of foods

### **Assessments & ESLRs:**

- Students will create unique and nutritionally balanced meals
- Students will participate actively in organized groups
- Students will apply USDA recommendations to daily eating habits