

Name
Student ID

Teacher

Grade
Date

Foods and Nutrition 1: Course Code 5824

Complete the student profile by inserting the representative letter in the space provided and completing all other information requested.

E - Exceeds Performance Requirements: Work that is above the criteria of the standard.

M - Meets Performance Requirements: Work that meets the criteria of the standard.

B - Below Performance Requirements: Work that fails to meet the criteria of the standard.

B. NUTRITION

B1. Integrate USDA Dietary Guidelines in planning and preparing foods to meet nutrition and wellness needs.

1. Determine amounts appropriate for a serving size of various foods using multiple resources.
2. Develop a nutrient dense meal plan based on current USDA guidelines.
3. Chart and analyze one day's nutrition consumption for a hypothetical student.
4. Explain the importance of relationships among eating breakfast, energy balance, and maintaining homeostasis.
5. Select appropriate food choices for different age groups and provide supporting nutritional facts.
6. Calculate individual BMI and caloric intake needs to maintain or achieve healthy weight.
7. Chart personal nutrition intake and implement an improvement plan.
8. Maintain a reflections journal including information on daily intake, weekly weight, and trends.
9. Apply decision-making principles when making consumer choices.

B2. Analyze nutrition and wellness plans to determine if they meet personal and family needs.

1. Compare and contrast nutritional needs at various ages.
2. Explain the importance of relationships among eating breakfast, energy balance.
3. Select appropriate food choices for different age groups and provide supporting nutritional facts.
4. Calculate individual BMI and caloric intake needs to maintain or achieve healthy weight.
5. Chart personal nutrition intake and implement an improvement plan.
6. Maintain and reflections journal including information on daily intake, weekly weight, and trends.

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C. SAFETY AND SANITATION				
C1. Summarize information regarding food borne illnesses. 1. Identify methods to reduce pathogens and increase food safety. 2. Research and explain common food-borne illnesses and their causes.				
C2. Implement safety and sanitation procedures. 1. Identify safe and unsafe food handling practices. 2. Demonstrate essential personal hygiene practices. 3. Explain the importance of wearing protective clothing. 4. Receive, prepare, store, and serve safe and sanitary foods. 5. Evaluate safe and sanitary work environment. 6. Explain the proper use of kitchen utensils and equipment.				
D. KITCHEN WORK CENTERS				
D1. Explain the efficient use of time, space, utensils, and equipment. 1. Design a basic kitchen work center. 2. Explain the work triangle. 3. Evaluate kitchen layouts for efficiency. 4. Identify how kitchen components and special equipment promote efficiency. 5. Identify kitchen utensils and equipment. 6. Sanitize kitchen utensils and equipment. 7. Select major kitchen appliances according to work center space and design. 8. Select appliances according to efficiency of function. 9. Prepare work centers for efficient use of time, energy, and movement.				
E. MEAL PREPARATION				
E1. Demonstrate skills needed to evaluate, modify, and organize recipes. 1. Identify parts of a recipe. 2. Explain the characteristics for specific substitutions. 3. Analyze cooking terms, methods, and techniques in a recipe. 4. Distinguish between narrative, descriptive, formative, and standard recipes. 5. Modify the yield of a recipe. 6. Organize recipes based on identified systems.				

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E2. Demonstrate a variety of healthy food preparation techniques. 1. Evaluate meal preparation work plans for efficiency. 2. Identify factors that increase and decrease nutrient quality in prepared foods. 3. Demonstrate different cooking techniques.				
F. TABLE SERVICE AND ETIQUETTE				
F1. Apply written, verbal, and nonverbal etiquette suitable for various occasions. 1.Demonstrate correct table conversation, telephone, correspondence, introduction, and e-mail etiquette. 2.Explain general restaurant etiquette and gratuities. 3.Provide constructive feedback and reinforcement. 4.Compare cultural differences in table etiquette.				
F2. Demonstrate various food presentation techniques. 1.Plate foods applying various aesthetic methods. 2.Identify aesthetically pleasing food combinations. 3.Outline garnishing, arranging, and other presentation techniques. 4.Select dinnerware and other table appointments to enhance the appearance of prepared foods.				
F3. Determine appropriate table settings and meal service for specific functions. 1.Serve meals using one or more meal service styles. 2.Design seating arrangements. 3.Identify types of dining utensils and uses. 4.Show proper set-up procedures for the food service areas. 5.Set the table properly. 6.Describe principles for designing appropriate centerpieces.				
G. CAREERS				
G1. Compare occupations and preparation requirements for careers in nutrition and food service industries. 1. Identify occupations and careers in the areas of nutrition and food service. 2. Compare occupations and preparation requirements. 3. Demonstrate job seeking and job keeping skills. 4. Identify 21 st Century Skills.				

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Number exceeded: _____ **Percentage exceeded:** _____

Number met: _____ **Percentage met:** _____

Number below: _____ **Percentage below:** _____

National Certification(s) / Date earned:

Comments: