

Sequoia Union High School District Foods Content Standards

Frohlich-Foods I

Nutrition and Health

1. Students will understand the application of the principles of nutrition and their relationship to good health throughout the life cycle.

- a. The student will define the relationship between nutrition and good health.
- b. The student will explain and compare the Food Guide Pyramid to a daily diet.
- c. The student will identify the major nutrients and explain their functions and sources.
- d. The student will compare and analyze label information on food products.
- e. The student will describe food related illnesses, including anorexia, bulimia, obesity, and malnutrition.

Food Safety and Sanitation

2. Students will understand the principles of maintaining food safety and sanitation.

- a. The student will identify organisms that cause food spoilage, sources of contamination, and conditions required for growth of the organisms.
- b. The student will identify common types of food-borne illnesses.
- c. The student will employ sanitary practices before, during, and after food preparation and service.
- d. The student will select proper techniques for storage and preparation of food.
- e. The student will describe the agencies that determine food safety regulations.

Facilities and Equipment

3. Students will understand the selection, use and care of safe and efficient facilities and equipment.

- a. The student will identify and minimize safety hazards in the kitchen.
- b. The student will identify and select steps to be followed during emergencies related to food and equipment accidents.

Meal Management

4. Students will understand the principles of food purchasing and meal management.

- a. The student will identify ways to manage time, energy, and resources when planning and preparing meals.

Food Preparation

5. Students will understand the principles of food preparation.

- a. The student will use appropriate equipment and techniques for dry and liquid measurements.
- b. The student will convert volume and weight measurements to increase and decrease recipes.
- c. The student will interpret a standardized recipe to prepare a food product.
- d. The student will define food preparation terminology used in the preparation of a variety of food products.
- e. The student will describe the properties and functions of ingredients used to prepare foods.
- f. The student will apply food preparation techniques that preserve nutrients and enhance flavor and appearance of food.

Meal Service and Etiquette

6. Students will understand styles of meal service and commonly accepted etiquette practices.

- a. The student will practice basic table setting techniques.
- b. The student will practice table manners and etiquette as commonly accepted in the United States.

Food and Culture

7. Students will understand that culture influences food choices and etiquette.

- a. The student will identify regional differences in the United States affecting the preparation and service of foods.
- b. The student will identify cultural differences affecting the preparation and service of foods.

The Science of Food and Nutrition

8. Students will understand the principles of science related to food preparation and nutrition.

- a. The student will define nutrients and nutrient density.
- b. The student will apply the basic principles of science to food preparation.
- c. The student will analyze and compare the nutrient composition of a variety of foods and recipes.

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Food Production and Technology

9. Students will understand food production, processing, distribution methods, and their relationship to consumer food supply.

- a. The student will describe technological advances that have affected food production, processing, and distribution.
- b. The student will evaluate the impact of current and emerging food technologies on food quality, availability, and cost.
- c. The student will analyze health, safety, and environmental issues related to current and emerging food technologies such as irradiation and genetic engineering.
- d. The student will describe quality assurance procedures used in food science/processing companies.
- e. The student will compare food production and processing techniques, safety standards and distribution methods in the world marketplace.
- f. The student will investigate and describe the evolution and development of food products and preparation equipment.

Careers Related to Food Service, Food Science, Dietetics, and Nutrition

10. Students will understand careers related to food service, food science, dietetics, and nutrition.

- a. The student will identify the characteristics of effective food service, food science, dietetics, and nutrition professionals.
- b. The student will compare personal interests, aptitudes, and abilities required in food service, food science, dietetics, and nutrition careers.
- c. The student will evaluate career options related to food and nutrition including labor market projections, education requirements, job responsibilities, salary, benefits, expectations, and working environment.