

# 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.