

# Food and Nutrition: Grades 9, 10, 11, 12

Adopted 2008

## Nutrition and Weight Control

### 1.1 Define terms related to nutrition and weight control

1. Use terms in context 1.1.1
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### 1.2 Describe psychological, physiological and environmental reasons for eating

1. Analyze influences of environment, family, culture, technology and lifestyle on food choices 1.2.1
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### 1.3 Describe the effects of nutrition on health and body mass

1. Describe nutritional concerns for individuals throughout their life cycle 1.3.1
  2. Compute BMI 1.3.2
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### 1.4 Identify food related health problems

1. Match food related health problems to descriptions to include, but not limited to:  
<ul><li>HBP (High Blood Pressure)</li><li>heart disease</li><li>diabetes I & II</li><li>lactose intolerance</li><li>food allergies</li><li>food sensitivities</li><li>obesity</li><li>vitamin & mineral deficiencies</li><li>underweight</li><li>malnutrition</li></ul> 1.4.1
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### 1.5 Name unhealthy diet practices

1. Classify eating disorders 1.5.1
  2. Create a project that exhibits the causes/effects of being underweight and overweight 1.5.2
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### 1.6 Define basic nutrient groups and their sources and functions

1. Match nutrients with sources and functions<ul><li>water</li><li>vitamins</li><li>proteins</li><li>fats</li><li>carbohydrates</li><li>minerals</li></ul> 1.6.1

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**1.7 Explain MyPyramid including divisions, physical activity, recommended serving allowances**

1. Analyze nutritional value of personal daily food intake [1.7.1](#)
  2. Plan menus to meet nutritional needs [1.7.2](#)
  3. Interpret the six main messages of the anatomy of MyPyramid [1.7.3](#)
  4. Develop a personalized nutrition plan using [www.mypyramid.gov](http://www.mypyramid.gov) [1.7.4](#)
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**1.8 Name careers related to nutrition and weight control**

1. Research careers related to nutrition and weight control [1.8.1](#)
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**The Food Consumer****2.1 Define terms related to the food consumer**

1. Use terms in context [2.1.1](#)
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**2.2 Identify resources to consider in planning meals**

1. Plan menus for low/high income families using the following resources, but not limited to:
    - time
    - energy
    - food choices
    - money
    - preparatory skills
    - availability
    - equipment
    - available technology[2.2.1](#)
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**2.3 List considerations in appealing and nutritious meals**

1. Plan menus for family meals using meal pattern guidelines using the following considerations, but not limited to:
    - color
    - shape/size
    - flavor
    - aroma
    - texture
    - temperature
    - dietary guidelines[2.3.1](#)
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**2.4 Describe shopping strategies for making informed food purchases**

1. List information on food labels required by law [2.4.1](#)
  2. Analyze data on nutritional fact panel [2.4.2](#)
  3. Contrast the variety between food shops [2.4.3](#)
  4. Compare/contrast generic, store brand and name brand [2.4.4](#)
  5. List ways a consumer can reduce waste by recycling & pre-cycling [2.4.5](#)
  6. List benefits of preparing a shopping list [2.4.6](#)
  7. Discuss product codes found on packaging such as UPC and open dating [2.4.7](#)
  8. Compute the unit price of a product [2.4.8](#)
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**2.5 Name government agencies that regulate food safety**

1. Research current FDA and USDA guidelines [2.5.1](#)
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**Food/Technology****3.1 Define terms related to food technology**

3. Use terms in context [3.1.3](#)

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### 3.2 Discuss effects of technology on food and nutrition

1. Explore the impact of technology on safety, availability, choices, and nutrient content of food 3.2.1

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### 3.3 State current issues and trends in food technology

1. Explore current issues and trends in food technology to include, but not limited to:
  - <li>easy preparation</li><li>great taste</li><li>nutrition</li><li>allergies</li><li>food substitutes</li><li>health foods</li><li>fast food</li><li>engineered foods</li></ul> 3.3.1

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### 3.4 Explain use of the computer in food buying, menu planning, nutritional analysis, and other food related areas

1. Conduct a nutritional analysis of a variety of recipes (an option is to refer to MyPyramid.gov and then use My Pyramid Menu Planner) 3.4.1

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### 3.5 State purposes of food additives

1. Justify the four reasons additives are used in food products:
  - <li>adds nutrients</li><li>preserves quality</li><li>aids in processing or preparation</li><li>enhances flavors or colors</li></ul> 3.5.1
  - 2. Discuss items that are considered GRAS(Generally Recognized As Safe) 3.5.2

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### 3.6 Compare advantages and disadvantages of convenience foods

1. Compare cost, quality, and time in the preparation of convenience food and the same food prepared conventionally 3.6.1

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### 3.7 Describe environmental concerns as the result of food technology

1. Analyze environmental issues related to food resources which include but are not limited to:
  - <li>chemical pollutants</li><li>conservation</li><li>food additives</li><li>genetic engineering</li><li>pollution</li><li>recycling</li></ul> 3.7.1

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## Kitchen Organization

### 4.1 Define terms related to kitchen organization

1. Use terms in context 4.1.1

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### 4.2 Describe kitchen work centers

1. Match kitchen work centers:
  - <li>cold storage/refrigerator</li><li>cleanup/sink</li><li>mixing/planning</li><li>cook/serving</li></ul> 4.2.1

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### 4.3 Identify types of kitchen floor plans

1. Design the six different kitchen floor plans:
  - <li>one wall</li><li>Corridor</li><li>L shape</li><li>U shape</li><li>Peninsula</li><li>Island and Barrier Free</li></ul> 4.3.1

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#### **4.4 Explain the purpose of the work triangle**

1. Identify the work triangle in various kitchens (suggested range should fall between 8 ft. to 22 ft.) 4.4.1
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#### **4.5 Name principles of kitchen storage**

1. Apply principles in kitchen storage
    - <li>buy only what you need</li><li>first in first out (rotate stock)</li><li>clean storage areas</li><li>consider the shelf life</li><li>store items where you expect to use them</li></ul> 4.5.1
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### **Kitchen Appliances**

#### **5.1 Define terms related to kitchen appliances**

1. Use terms in context 5.1.1
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#### **5.2 Describe selection, use, and care of large and small kitchen appliances**

1. Review procedures for using large and small kitchen appliances 5.2.1
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#### **5.3 Describe trends in kitchen appliances**

1. Discuss how colors, size, style and technology affect kitchen appliance choices 5.3.1
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#### **5.4 State ways to conserve resources in the kitchen**

1. Plan ways to use the following resources/methods:<ul><li>Energy Star</li><li>Energy Guide</li><li>Conservation Methods</li></ul> 5.4.1
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#### **5.5 Discuss effect of technology in kitchen equipment**

1. Contrast/compare the advantages and disadvantages of technology with kitchen equipment 5.5.1
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### **Safety and Sanitation**

#### **6.1 Define terms related to safety and sanitation**

1. Use terms in context 6.1.1
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#### **6.2 Describe food preparation, preservation, serving, and storage techniques that prevent food poisoning**

1. Investigate prevention of food spoilage in the food industry 6.2.1
  2. Recognize the temperature danger zones 6.2.2
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#### **6.3 Differentiate between food borne illnesses and the definition for each**

1. Research current issues involving food borne illnesses 6.3.1
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#### **6.4 State safety precautions to follow in the kitchen**

1. Evaluate a kitchen for safety hazards 6.4.1
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#### **6.5 Explain basic first aid procedures**

1. Demonstrate basic first aid procedures 6.5.1
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## Food Service and Etiquette

### 7.1 Define terms related to serving and eating food at home and away from home

1. Use terms in context 7.1.1
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### 7.2 Describe table appointments

1. Compare and contrast traditional table settings to contemporary table settings 7.2.1
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### 7.3 Explain principles of table setting

1. Demonstrate table settings for a variety of menus 7.3.1
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### 7.4 Discuss types of meal service

1. Demonstrate table settings for different types of meal service 7.4.1
  2. Discuss factors to consider in planning and serving food for special occasions 7.4.2
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### 7.5 Describe proper manners for serving, eating, and clearing meals

1. Demonstrate proper table manners in public and private settings 7.5.1
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### 7.6 Name guidelines for ordering, tipping, and paying in a restaurant

1. Compute various types of gratuity 7.6.1
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## Food Preparation

### 8.1 Define terms related to food preparation

1. Use terms in context 8.1.1
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### 8.2 Identify food preparation tools and equipment

1. Chart functions of preparation tools and equipment 8.2.1
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### 8.3 Explain measuring techniques and equipment

1. Demonstrate measuring techniques 8.3.1
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### 8.4 List abbreviations and equivalent measures commonly used in recipes

1. Match abbreviations and equivalent measures commonly used in recipes 8.4.1
  2. Specify substitutions commonly used in recipes 8.4.2
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### 8.5 List steps in using a recipe

1. Demonstrate math skills necessary to change the yield of a recipe 8.5.1

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**8.6 Describe preparation of the following foods:**

- appetizers
- beverages
- casseroles
- dairy products
- desserts
- egg
- fish
- fruits
- garnishes
- grain products
- meat
- poultry
- quick breads
- salads
- sandwiches
- sauces
- soups
- vegetables
- yeast

1. Prepare selected foods using a variety of methods **8.6.1**