

Family and Consumer Sciences: Advanced Foods and Nutrition

Apply menu planning principles to develop and modify menus. [AFN1](#)

1 Apply menu planning principles to develop and modify menus. [AFN1](#)

Prepare various [AFN2](#)

a meats [AFN2A](#)

b seafood [AFN2B](#)

c poultry [AFN2C](#)

Prepare various [AFN3](#)

a stocks [AFN3A](#)

b soups [AFN3B](#)

c sauces [AFN3C](#)

d gravies [AFN3D](#)

Prepare canapés and appetizers. [AFN4](#)

4 Prepare canapés and appetizers. [AFN4](#)

Manage a safe, effective, and productive lab while utilizing teamwork. [AFN5](#)

5 Manage a safe, effective, and productive lab while utilizing teamwork. [AFN5](#)

Apply principles of purchasing, cost per serving, and receiving in food service operations. [AFN6](#)

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Plan, prepare, and serve a variety of meals and special events. [AFN7](#)

7 Plan, prepare, and serve a variety of meals and special events. [AFN7](#)

Apply the fundamentals of baking to a variety of products including yeast breads, pie crust, pastries, and other breads. [AFN8](#)

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Develop a plan for weight loss, weight gain, or maintenance while examining nutrition through the life cycle (infant, children, teens, pregnancy, adulthood, and elderly). [AFN9](#)

9 Develop a plan for weight loss, weight gain, or maintenance while examining nutrition through the life cycle (infant, children, teens, pregnancy, adulthood, and elderly). [AFN9](#)

Plan and examine a diet plan for a specific need such as high fiber, low fat, low cholesterol, low sodium, diabetic, athlete, heart disease, or lactose intolerance. [AFN10](#)

10 Plan and examine a diet plan for a specific need such as high fiber, low fat, low cholesterol, low sodium, diabetic, athlete, heart disease, or lactose intolerance. [AFN10](#)

Illustrate table settings for special occasions. [AFN11](#)

11 Illustrate table settings for special occasions. [AFN11](#)

Practice using different styles of meal service. [AFN12](#)

12 Practice using different styles of meal service. [AFN12](#)

Demonstrate and determine the correct cooking methods for a variety of food products such as roasting, baking, broiling, smoking, grilling, sautéing, frying, deep frying, braising, stewing, poaching, steaming, wokking, convection, microwaving, and other emerging technologies. [AFN13](#)

13 Demonstrate and determine the correct cooking methods for a variety of food products such as roasting, baking, broiling, smoking, grilling, sautéing, frying, deep frying, braising, stewing, poaching, steaming, wokking, convection, microwaving, and other emerging technologies. [AFN13](#)

Use garnishes to plan a simple food gathering for entertainment purposes. [AFN14](#)

14 Use garnishes to plan a simple food gathering for entertainment purposes. [AFN14](#)

Demonstrate proper safety, sanitation and storage techniques in handling food from purchase, preparation, cooking, cooling, to reheating. [AFN15](#)

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Research careers in nutrition/food service according to skill required and type of job. [AFN16](#)

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Prepare a variety of regional and international foods using appropriate methods and techniques. [AFN17](#)

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Use nutritional information in preparing and serving food to guests. [AFN18](#)

18 Use nutritional information in preparing and serving food to guests. [AFN18](#)

Operate tools and equipment following safety procedures and OSHA (Occupational Safety and Health Administration) requirements. [AFN19](#)

19 Operate tools and equipment following safety procedures and OSHA (Occupational Safety and Health Administration) requirements. [AFN19](#)

Apply principles of food preparation to produce a variety of food products and beverages. [AFN20](#)

20 Apply principles of food preparation to produce a variety of food products and beverages. [AFN20](#)

Practice food presentation techniques. [AFN21](#)

21 Practice food presentation techniques. [AFN21](#)

Demonstrate proper measuring techniques. [AFN22](#)

22 Demonstrate proper measuring techniques. [AFN22](#)

Assess employment opportunities and preparation requirements. [AFN23](#)

23 Assess employment opportunities and preparation requirements. [AFN23](#)

Demonstrate employability and social skills relevant to the industry. [AFN24](#)

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Demonstrate safe, sanitary work habits required by the field. [AFN25](#)

25 Demonstrate safe, sanitary work habits required by the field. [AFN25](#)

Demonstrate and practice knowledge of food service safety and sanitation procedures and the factors that contribute to food borne illness. [AFN26](#)

26 Demonstrate and practice knowledge of food service safety and sanitation procedures and the factors that contribute to food borne illness. [AFN26](#)

Practice proper waste disposal and recycling methods. [AFN27](#)

27 Practice proper waste disposal and recycling methods. [AFN27](#)

Demonstrate written, verbal, and non-verbal communication skills. [AFN28](#)

28 Demonstrate written, verbal, and non-verbal communication skills. [AFN28](#)

Apply time management skills. [AFN29](#)

29 Apply time management skills. [AFN29](#)

Utilize activities of the Family, Career and Community Leaders of America (FCCLA) student organization as an integral component of course content and

30 Utilize activities of the Family, Career and Community Leaders of America (FCCLA) student organization as an integral component of course content and leadership development. [AFN30](#)

**leadership
development.** AFN30

**Apply math, science,
and communication
skills within technical
content.** AFN31

31 Apply math, science, and communication skills within technical content. AFN31