



<b>Course Title:</b> Foods & Nutrition 1	
<b>Course Description:</b> Foods and Nutrition is a basic course in nutrition and food preparation. Emphasized are the benefits of proper nutrition, kitchen math and measurements, recommended food preparation and handling techniques. Skills are developed in the preparation of a variety of foods. This course articulates with Iowa community colleges.	
<b>Prerequisite:</b> None	
<i>Food Science Dietetics and Nutrition</i>	
<u>Reporting Topics</u>	<u>Grade Level Standards</u>
<b>Apply risk management procedures to food safety, food testing, and sanitation. 9.2</b>	Analyze factors that contribute to foodborne illness. 9.2.1 Demonstrate practices and procedures that assure personal and workplace health and hygiene 9.2.5
<b>Evaluate nutrition principles, food plans, preparation techniques and specialized dietary plans. 9.3</b>	Analyze nutritional data. 9.3.2
<b>Demonstrate use of current technology in food product development and marketing. 9.5</b>	Prepare food for presentation and assessment. 9.5.3 Maintain test kitchen/ laboratory and related equipment and supplies. 9.5.4 Conduct sensory evaluations of food products. 9.5.6

