



| Course Title: Foods & Nutrition 2 | |
|--|---|
| Course Description: 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. | |
| Prerequisite: C (73% or better) in Foods and Nutrition | |
| <i>Food Science Dietetics and Nutrition</i> | |
| <u>Reporting Topics</u> | <u>Grade Level Standards</u> |
| Apply risk management procedures to food safety, food testing, and sanitation. 9.2 | 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 |
| Evaluate nutrition principles, food plans, preparation techniques and specialized dietary plans. 9.3 | Analyze nutritional data. 9.3.2 Critique the selection of foods to promote a healthy lifestyle. 9.3.6 |
| Demonstrate use of current technology in food product development and marketing. 9.5 | 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 |
| <i>Food Production and Services</i> | |



| | |
|--|--|
| <p>Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet consumer needs. 8.5</p> | <p>Demonstrate professional skills in safe handling of knives, tools, and equipment. 8.5.1 Demonstrate professional skill for a variety of cooking methods including roasting, broiling, smoking, grilling, sauteing, pan frying, deep frying, braising, stewing, poaching, steaming, and baking using professional equipment and current technologies. 8.5.2 Utilize weights and measurement tools to demonstrate knowledge of portion control and proper scaling and measurement techniques 8.5.3 Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding of variety of foods. 8.5.4 Prepare various meats and poultry using safe handling and professional preparation techniques. 8.5.5 Prepare various vegetables, starches, legumes, dairy products, fats, and oils using safe handling and professional preparation techniques. 8.5.7 Prepare various salads, dressings, marinades and spices using safe handling and professional preparation techniques. 8.5.8 Prepare breads, baked goods and desserts using safe handling and professional preparation techniques. 8.5.10 Prepare breakfast meats, eggs, cereals, and batter 8.5.11 Demonstrate professional plating, garnishing and food presentation techniques. 8.5.12 Demonstrate cooking methods that increase nutritional value, lower calorie and fat content, and utilize herbs and spices to enhance flavor. 8.5.14</p> |
| <p style="text-align: center;"><i>Nutrition and Wellness</i></p> | |
| <p>Examine the nutritional needs of individuals and families in relation to health and wellness across the life span. 14.2</p> | <p>Analyze the effects of food and diet fads, food addictions and eating disorders. 14.2.3 Analyze sources of food and nutrition information, including food labels, related to health and wellness. 14.2.4</p> |