

Bemidji High School Family and Consumer Science (FACS) Standards - 2017

Ethnic Foods			Grades 10-12
Topic	National Standard	MN Framework	Competencies
Safety and Sanitation	8.2.1	MFFP 1.1	Identify common food borne pathogens and the effects on individuals, including methods of prevention.
	8.2.7	MFFP 1.2	Demonstrate safe food handling and prevention techniques that prevent cross-contamination.
	8.2.6	MFFP 1.3	Utilize the four steps of food safety skills: clean, separate, chill and cook for both raw and prepared foods.
	8.3.1	MFFP 1.4	Apply kitchen safety procedures while using kitchen appliances & equipment to minimize accidents and maintain a safe environment.
Principles of Food Preparation	8.3.6	MFFP 2.1	Identify a variety of types of equipment and utensils necessary for food preparation, cooking and baking food; including small and large appliances.
	8.5.3	MFFP 2.2	Comprehend proper measuring equipment, techniques, abbreviations, and equivalents.
		MFFP 2.3	Determine correct math operations to complete correct measurement equivalents for recipes and food preparation.
		MFFP 2.4	Interpret cooking and food preparation terms to prepare recipes successfully.
		MFFP 2.5	Analyze various recipe formats to effectively prepare food products
		MFFP 2.6	Demonstrate teamwork, communication, and time management when planning and completing a lab.
Cooking Methods	8.5.2	MFFP3.1	Demonstrate an understanding of food preparation methods which may include baking, blanching, boiling, braising, broiling, frying, grilling, microwaving, pan frying, poaching, roasting, sautéing, simmering, steaming, stewing.
		MFFP3.2	Analyze the functions of ingredients used in a variety of cooking methods and their effect on a food product.
Meal Planning	8.5.12	MFFP4.3	Demonstrate plating, garnishing, and food presentation techniques.
		MFFP4.4	Understand current USDA guidelines for portion control and maintaining a healthy lifestyle.
Healthy Lifestyles	14.2.4	MNW 2.4	Analyze sources of food and nutrition information, including food labels, related to health and wellness.
Dietary Guidelines	14.3.1	MNW 3.1	Apply USDA Dietary Guidelines to meet nutrition and wellness needs, including portion sizes and nutritional value of food.
	14.2.4	MNW 3.2	Describe how to read and interpret food labels.
	14.2.1	MNW 3.3	Identify food sources and functions of nutrients on wellness.