

Foods for Today

Grades 9-12

Comprehensive Standards		Content Standards	Competencies	
9.0 Food Science, Dietetics, and Nutrition Integrate knowledge, skills, practices required for careers in food science, food technology, dietetics, and nutrition.	9.2	Apply risk management procedures to food safety, food testing, and sanitation.	9.2.5	Demonstrate practices and procedures that assure personal and workplace health and hygiene.
	9.3	Evaluate nutrition principles, food plans, preparation techniques and specialized dietary plans.	9.3.5	Analyze recipe/formula proportions and modifications for food production.
			9.3.6	Critique the selection of foods to promote a healthy lifestyle.
	9.4	Apply basic concepts of nutrition and nutritional therapy in a variety of settings.	9.4.1	Analyze nutritional needs of individuals.
	9.5	Demonstrate use of current technology in food product development and marketing.	9.5.3	Prepare food for presentation and assessment.
			9.5.4	Maintain test kitchen/laboratory and related equipment and supplies.
			9.5.5	Implement procedures that affect quality product performance.
	14.0 Nutrition and Wellness Demonstrate nutrition and wellness practices that enhance individual and family well-being.	14.1	Analyze factors that influence nutrition and wellness practices across the life span.	14.1.1
14.1.2				Analyze the effects of psychological, cultural, and social influences on food choices and other nutrition practices.
14.1.4				Analyze the effects of global and local events and conditions on food choices and practices.
14.1.5				Analyze legislation and regulations related to nutrition and wellness.
14.2		Evaluate the nutritional needs of individuals and families in relation to health and wellness across the life span.	14.2.1	Analyze the effect of nutrients on health, appearance, and peak performance.
			14.2.2	Analyze the relationship of nutrition and wellness to individual and family health throughout the life span.
			14.2.4	Analyze sources of food and nutrition information, including food labels, related to health and wellness.

Comprehensive Standards		Content Standards	Competencies	
	14.3	Demonstrate ability to acquire, handle, and use foods to meet nutrition and wellness needs of individuals and families across the life span.	14.3.1	Apply various dietary guidelines in planning to meet nutrition and wellness needs.
			14.3.3	Demonstrate ability to select, store, prepare, and serve nutritious and aesthetically pleasing foods.
	14.4	Evaluate factors that affect food safety from production through consumption.	14.4.1	Analyze conditions and practices that promote safe food handling.
			14.4.2	Analyze safety and sanitation practices throughout the food chain.
			14.2.5	Analyze food borne illness factors, including causes, foods at risk, and methods of prevention commercially and by individuals and families.