

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

Healthy Foods			Grades 9-12
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.
	8.4.7	MFFP4.1.5	Compare products based on price and quality of product to meet a variety of dietary and/or consumer needs.
Careers	8.1.1	MFFP5.1.1	Identify the roles, duties and functions of individuals involved in food production and service industry careers.
	8.1.3	MFFP5.1.2	Summarize the education or training requirements for career paths in food production and service industry including opportunities.

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Food Additives	9.3.2	MFS 5.1	Analyze the nutritional data of various food products to identify additives.
	9.3.6	MFS 5.2	Critique the selection of foods to promote a healthy lifestyle.
	9.3.6	MFS 5.3	Investigate the differences between artificial and natural food flavors.
	9.3.6	MFS 5.4	Identify commonly used artificial flavors.
	9.5.1	MFS 5.5	Distinguish the various factors that affect food preferences in food selection.
Packaging and Preservation	9.5.1	MFS 7.1	Identify the methods of food preservation.
	9.5.1	MFS 7.3	Describe how irradiation works and how to handle foods that have been irradiated.
	9.5.1	MFS 7.4	Explain how to safely freeze foods, the length of time to be frozen, and how to safely thaw foods.
	9.5.1	MFS 7.6	Explain how foods can be preserved by vacuum packing and how it changes their shelf life.
	9.5.1	MFS 7.7	Describe various drying processes, food nutrient values, and how you package and store dried foods.
Wellness Influences	14.1.1	MNW 1.1	Examine the cultural, social, psychological, and spiritual impact on individual and family wellness.
	14.1.2	MNW 1.2	Analyze individual and family influences on food choices and other nutritional practices.
	14.1.3	MNW 1.3	Analyze the governmental, economic, and technological influences on food choices and practices.
	14.1.4	MNW 1.4	Analyze the effects of global and local events and conditions on food choices and practices.
Healthy Lifestyles	14.2.1	MNW 2.1	Identify the effects of nutrients on health, appearance, and peak performance.
	14.2.2	MNW 2.2	Explain the relationship of nutrition and wellness to individual and family health throughout the lifespan.
	14.2.3	MNW 2.3	Explore the effects of food and diet fads, food addictions, and eating disorders on wellness.
	14.2.4	MNW 2.4	Analyze sources of food and nutrition information, including food labels, related to health and wellness.

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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.
	14.3.1	MNW 3.4	Compare personal food intake to recommended dietary guidelines.
	14.3.2	MNW 3.5	Analyze and apply various dietary guidelines for individual needs.