

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. |

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

| Healthy Foods | | | Grades 9-12 |
|----------------------------|-------------------|--------------|---|
| Topic | National Standard | MN Framework | Competencies |
| 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. |

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

| Healthy Foods | | | Grades 9-12 |
|--------------------|-------------------|--------------|--|
| Topic | National Standard | MN Framework | Competencies |
| 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. |