



I CAN STATEMENTS

Food & Nutrition I

Unit 1- Kitchen Equipment & Management

I can apply the skills of kitchen equipment and management.

Obj.1: I can identify types, use and care of selected kitchen equipment.

Obj.2: I can explain the basic principles of cooking in a microwave.

Obj.3: I can identify appropriate abbreviations, food-measurement terminology, techniques, equivalents, and calculate recipe-size adjustments and demonstrate proper measuring techniques.

Obj.4: I can explain basic food-preparation terminology.

Unit 2 - Safety & Sanitation

I can consistently demonstrate kitchen safety procedures and sanitation techniques.

Obj.1: I can apply established safety rules and guidelines to maintain a safe working environment.

Obj.2: I can identify proper first-aid procedures for cuts, burns and electrical shock.

Obj.3: I can identify and apply sanitation rules and guidelines.

Obj.4: I can identify methods that prevent food-borne illnesses and contamination.

Unit 3 - Nutrition

I can explore the current Dietary Guidelines and ChooseMyPlate.gov.

Obj.1: I can identify the six Dietary Guidelines and the key recommendations for each.

Obj.2: I can demonstrate knowledge of MyPlate.

Obj.3: I can demonstrate knowledge of healthy eating patterns.

Unit 4 - Carbohydrates

I can identify the sources and function of carbohydrates and fiber and apply appropriate food preparation techniques.

Obj.1: I can identify carbohydrates, their sources and functions and the importance of whole grains in the body.

Obj.2: I can identify fiber, its sources and functions.

Obj.3: I can apply food selection and preparation guidelines related to quick breads, rice, grains and pasta.

Unit 5 - Proteins & Fats

I can identify the sources and functions of proteins and fats and apply appropriate food preparation techniques.

Obj.1: I can identify proteins (complete and incomplete), their sources and functions in the body.

Obj.2: I can apply food selection and preparation guidelines related to egg products.

Obj.3: I can apply food selections and preparation guidelines related to milk and milk products.

Obj.4: I can identify fats, their sources, functions and related health concerns.

Unit 6 - Vitamins & Minerals

I can identify the sources, function of vitamins, minerals and water and apply appropriate food preparation techniques.

Obj.1: I can identify vitamins, their food sources, functions and deficiencies in the body.

Obj.2: I can identify minerals, their sources, functions and deficiencies in the body.

Obj.3: I can identify the functions of water in the body.

Obj.4: I can apply food selection and preparation guidelines related to fruits and vegetables.