

# Food and Nutrition 1 (2025)

Understand the relationship between food choices and health. 1.00

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- 1 Remember influences on food choices. 1.01
  - 2 Understand guidelines for healthy eating. 1.02
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Understand fundamentals of food preparation. 2.00

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- 1 Understand kitchen safety. 2.01
  - 1 Understand safe food handling procedures. 2.02
  - 2 Remember equipment and procedures for its use and care. 2.03
  - 3 Remember measuring, cutting/preparation, mixing, and cooking/cleaning terms. 2.04
  - 4 Remember recipe parts, sources, and adjustments. 2.05
  - 5 Understand processes and benefits of a work plan and teamwork for preparing healthy foods. 2.06
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Understand procedures, nutrition, and cooking methods in food preparation. 3.00

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- 1 Understand procedures, nutrition, and cooking methods in fruit and vegetable preparation. 3.01
  - 2 Understand procedures, nutrition, and cooking methods in dairy preparation. 3.02
  - 3 Understand procedures, nutrition, and cooking methods in grain preparation. 3.03
  - 4 Understand procedures, nutrition, and cooking methods in protein preparation. 3.04
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Understand procedures, equipment, and techniques applied to baking production. 4.00

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- 1 Understand procedures to prepare quick bread products. 4.01
  - 2 Understand procedures to prepare yeast bread products. 4.02
  - 3 Understand procedures to prepare cakes and frostings. (SUPPLEMENTAL) 4.03
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Understand the principles of etiquette for meal service. 5.00

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- 1 Understand the principles of basic table setting and meal service. 5.01
  - 2 Understand the principles of table manners. 5.02
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**Apply methods for meal planning and preparation.** 6.00

**1 Understand strategies in meal planning.** 6.01

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**2 Understand strategies for purchasing food.** 6.02

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**3 Apply methods to prepare healthy meals.** 6.03