



## Foods 1 Yearly Standards

Units	Priority Standards
<b>Unit 1</b>  Safety and Sanitation	<b>NSFACS 8.2: IDENTIFY</b> <u>Safety and Sanitation practices</u>  <b>NSFACS 9.2: ANALYZE</b> <u>career paths within food science, food technology, dietetics, and nutrition industries.</u>  <b>NSFACS 14.4: EVALUATE</b> <u>factors that affect food safety from production through consumption</u>
<b>Unit 2</b>  Kitchen Principles	<b>NSFACS 8.3: DEMONSTRATE</b> <u>industry standards in selecting, using, and maintaining food production and food service equipment</u>  <b>NSFACS 8.5: DEMONSTRATE</b> <u>professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer needs</u>  <b>NSFACS 14.3: DEMONSTRATE</b> <u>ability to acquire, handle, and use foods to meet nutrition and wellness needs of individuals and families across the life span</u>
<b>Unit 3</b>  Nutrition	<b>NSFACS 9.3: EXAMINE</b> <u>special nutritional needs.</u>  <b>NSFACS 9.3: COMPARE and CONTRAST</b> <u>nutrient/caloric composition of foods.</u>  <b>NSFACS 9.4: DESCRIBE</b> <u>nutrition-related health risks.</u>  <b>NSFACS 14.2: COMPARE</b> <u>ways to select, store, prepare, and serve food for optimum nutrition.</u>
<b>Unit 4</b>  Fruits and Vegetables	<b>NSFACS: 14.1 ANALYZE</b> <u>factors that influence nutrition and wellness practices across the life span</u>

<p><b>Unit 5</b></p> <p>Proteins</p>	<p><b>NSFACS 9.3: EXAMINE</b> <u>special nutritional needs</u></p> <p><b>NSFACS 9.3: DEMONSTRATE</b> <u>the ability to plan and prepare healthful meals and snacks using available resources</u></p> <p><b>NSFACS 14.3: PROPOSE</b> <u>eating patterns that promote health</u></p> <p><b>NSFACS 14.3: DEMONSTRATE</b> <u>ability to acquire, handle, and use foods to meet nutrition and wellness needs of individuals and families across the life span.</u></p>
<p><b>Unit 6</b></p> <p>Grains and Quick Breads</p>	<p><b>9.3.1 EXAMINE</b> <u>special nutritional needs.</u></p> <p><b>9.3.6 DEMONSTRATE</b> <u>the ability to plan and prepare healthful meals and snacks using available resources.</u></p> <p><b>PROPOSE</b> <u>eating patterns that promote health.</u></p> <p><b>COMPARE</b> <u>ways to select, store, prepare, and serve food for optimum nutrition.</u></p>