

## Prepare. Cook. Eat. Repeat.

This quarter course includes units on foods and nutrition, while giving students hands-on experience in the kitchen. Students will learn to identify utensils and tools, and use them properly and safely while preparing a variety of foods. Students will become more aware of the marketing techniques used to persuade their buying decisions, particularly in a grocery store. This course is offered to students in seventh or eighth grade who have successfully completed Real Skills.

### Explanation of Abbreviations:

#### State Content Standard Abbreviations

**Benchmark Notations = A, B, C, etc.**

**Descriptors = 1, 2, 3, etc.**

#### National Standard Abbreviations

**5.2.3**

**5 = Area of Study**

**2 = Content Standards**

**3 = Competencies**

### Reference Materials:

**Ohio Department of Education Family and Consumer Sciences Content Standards  
National Standards for Family and Consumer Sciences Education**

### Advocate a Healthy Lifestyle

- |            |  |
|------------|--|
| <i>A 1</i> | 1. Describe the impact of peer pressure on lifestyle.                  |
| <i>A 2</i> | 2. Describe the impact of vending, fast/convenient foods on lifestyle. |

## Healthy Choices

- B 1 1. Establish criteria for making daily food choices to meet valued outcomes (e.g., health, economics and aesthetics).
- B 2 2. Explain how [www.MyPyramid.gov](http://www.MyPyramid.gov) guides healthy food choices.
- B 3 3. Predict the consequences of using daily recommended dietary habits.
- B 4 4. Explain how group/team skills accommodate and meet individual healthy body needs in a family/household with diverse preferences.

## Restaurant Menus

- D 1 1. Research [www.MyPyramid.gov](http://www.MyPyramid.gov) to gain knowledge of restaurant menu items for nutritional value.
- D 2 2. Differentiate among restaurant menu items that contribute to daily requirements including portion control.
- D 3 3. Identify nutritious foods to eat away from home.

## Nutrient Facts and Sources

- E 1 1. Determine reliable sources of nutrition information.
- E 2 2. Identify the components of the USDA nutrition facts label.
- E 3 3. Research special claims on food labels related to the nutritive value of packaged food.
- E 4 4. Demonstrate knowledge of nutrient functions in the body.
- 8.5.13 5. Examine the applicability of convenience food items.

## Food Safety

- A 1 1. Practice personal hygiene behaviors to prevent food-borne pathogens by:
  - a. Washing hands;
  - b. Covering cough or sneeze and washing hands;
  - c. Tying hair back and avoiding touch;
  - d. Wearing clean clothes with no loose sleeves;
  - e. Using gloves if hands have open sores or cuts;
  - f. Avoiding tastes with utensils used to prepare food.
- A 2 2. Describe how common mistakes in food handling promote food-borne pathogens.
- A 3 3. Use safe kitchen behaviors to prevent food-borne pathogens including:
  - a. Cook foods to recommended temperatures;
  - b. Refrigerate food promptly;

- c. Keeping foods hot;
- d. Avoid eating raw foods;
- e. Thaw frozen foods in refrigerator overnight or in microwave;
- f. Wash fresh produce under running water just before using or eating;

- A 4
- 4. Explain kitchen sanitation procedures, to prevent cross contamination and food-borne pathogens by:
    - a. Using clean utensils and containers;
    - b. Washing counters and cutting boards with chlorine bleach solution;
    - c. Keeping pets and insects out of the kitchen;
    - d. Cleaning as you go;
    - e. Disposing garbage properly;
    - f. Washing dishcloths and sponges.

## Consumerism

- 3.5.1 1. Conduct market research to determine consumer trends and product development needs.
- 3.5.2 2. Design or analyze a consumer product.
- 3.5.3 3. Analyze features, prices, product information, styles, and performance of consumer goods for potential trade-offs among the components.
- 3.5.4 4. Evaluate a product utilizing valid and reliable testing procedures.
- 3.5.5 5. Apply statistical analysis processes to interpret, summarize, and report data from tests.
- 3.5.6 6. Evaluate the labeling, packaging, and support materials of consumer goods.
- 3.5.7 7. Demonstrate a product to educate an audience about a new product on the consumer market.