

Real Skills

This quarter course is designed to help you take care of YOU. Each student will learn to develop healthy eating , prepare and eat foods that taste great and are healthy, and incorporate creativity while spending time learning to properly use a sewing machine.

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

Patterns and Preparation

- C 1 1. Recognize choices that promote healthy food consumption.
- C 2 2. Identify food categories or combinations that meet healthy dietary guidelines and contribute to healthy eating patterns.
- C 3 3. Demonstrate knowledge of basic food preparation.

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;

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- 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.

Textile Skills

- 16.4.1 1. Demonstrate skills in using a variety of equipment, tools, and supplies for apparel and textile construction and repair
- 16.4.3 2. Use appropriate industry products and materials for cleaning, pressing, and finishing textile, apparel, and fashion products.
- 16.4.5 3. Demonstrate basic skills for producing and altering textile products and apparel.