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;
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.