

Golden Triangle Cooperative

Career and Technical Education Curriculum

Family and Consumer Sciences

Foods and Nutrition

Note: The outlines content may be taught as a semester course or may be integrated as a unit in comprehensive courses.

CVT=Montana Career and Vocational Technical Education

<http://opi.mt.gov/PDF/Standards/ContStds-CareerTech.pdf>

WCS=Montana Workplace Competency

<http://opi.mt.gov/PDF/Standards/ContStds-Workplace.pdf>

TS=Montana Technology Standards

<http://opi.mt.gov/PDF/Standards/10ConStds-Tech.pdf>

GTCC= Golden Triangle Coop Curriculum

Performance Based Standards: Using reading, writing, listening, speaking, and technology skills students will:

GTCC.FN.1 Research and apply safety and sanitation practices in the kitchen. (WCS2B8#2)
(WCS2B12#2)

GTCC.FN.2 Interpret recipes and demonstrate proper use of kitchen equipment.
(WCS1B8#3) (WCS5B8#1) (WCS5B12#1)

GTCC.FN.2 Incorporate and apply meal planning strategies. (WCS1B12#1,3) (WCS5B8#1)
(WCS5B12#1)

GTCC.FN.2 Appraise the principles of basic nutrition. (WCS5B8#1) (WCS5B12#1,4)

GTCC.FN.2 Investigate cultural aspects of food selection and preparation. (WCS2B8#1)
(WCS2B12#1)

GTCC.FN.2 Practice food preparation skills in a laboratory setting. (WCS1B8#3)
(WCS1B12#4)

GTCC.FN.2 Explore career opportunities in the field of food and nutrition. (WCS6B8#6)
(WCS6B12#1,4,6)

CONCEPTS	OBJECTIVES
FCSfn.01 Safety and Sanitation	FCSfn.01 Safety and Sanitation
.01 Kitchen Safety and Sanitation	.01 Demonstrate knowledge of kitchen safety and sanitation.
.02 Personal Hygiene	.02 Exhibit appropriate personal hygiene.
.03 Food Borne Illnesses	.03 Identify causes and symptoms of food borne illnesses.
FCSfn.02 Recipes and Equipment	FCSfn.02 Recipes and Equipment
.01 Measuring	.01 Exhibit accurate dry and liquid measuring. (Skill)
.02 Cooking Terms	.02 Define cooking terms.
.03 Recipe Directions	.03 Accurately follow recipe directions. (Skill)
.04 Equipment Use and Safety	.04 Demonstrate use and care of kitchen equipment. (Skill)
.05 Specialty Equipment/Technology	.05 a. Develop awareness of specialty equipment and technology available. b. Understand and demonstrate the proper use of specialty equipment.
.06 Kitchen Math and Conversions	.06 a. Demonstrate proficiency in recipe adjustments for quantities.
FCSfn.03 Meal Planning	FCSfn.03 Meal Planning
.01 Time, Energy, and Organization	.01 Apply management skills to meal planning.
.02 Table Setting, Etiquette, and Food Presentation	.02 Demonstrate knowledge of table setting, etiquette and food presentation.
.03 Purchasing	.03 Apply consumer skills including reading labels, unit pricing and judging quality.
FCSfn.04 Nutrition	FCSfn.04 Nutrition
.01 Nutrients	.01 Identify and compare nutrient's sources and functions.
.02 Health and Wellness	.02 Analyze the relationship between nutrition and wellness.

.03 Selecting Balanced Diet	.03 Analyze personal eating habits using My Plate and computer analysis programs.
FCSfn.05 Diet/Health Concerns	FCSfn.05 Diet/Health Concerns
.01 Eating Disorders	.01 Identify relationship of diet to various health problems.
.02 Diet and disease	.02 Explain relationship between diet and disease.
.03 Diet Fads	.03 Examine validity of advertised products including supplements and exercise programs. (Research & present findings on the fad you were assigned.)
FCSfn.06 Cultural Aspects of Food	FCSfn.06 Cultural Aspects of Food
.01 Food Traditions Around the World	.01 Investigate relationships between cultures and food selections.
FCSfn.07 Food Preparation/Lab	FCSfn.07 Food Preparation/Labs
.01 Food Preparation	.01 Demonstrate preparation of various foods in a lab setting using current technology.
FCSfn.08 Food and Nutrition Industry	FCSfn.08 Food and Nutrition Industry
.01 Supplies, Manufactures, Marketing, and Merchandising	.01 Investigate and observe facets of the food and nutrition industry.
FCSfn.09 Careers in Food and Nutrition	FCSfn.09 Careers in Food and Nutrition
.01 Career Opportunities in Foods and Nutrition.	.01 a. Compare skills, conditions and salaries for various careers within foods and nutrition. b. Investigate entrepreneurial opportunities in Culinary Arts.
.02 Career Opportunities	.02 a. Analyze career availability and required training. b. Provide career experience whenever possible.
.03 Career Aptitudes and Skills	.03 Explore needed career aptitudes and skills.