

## **Basic Foods** (0503)

Standard/Benchmark <i>(based off of 0501)</i> :
9.3.2 Analyze nutritional data.
9.3.5 Analyze recipe/formula proportions & modifications for food production.
9.3.6 Critique the selection of foods to promote a healthy lifestyle.
14.2.1 Analyze the effect of nutrients on health, appearance, and peak performance.
14.2.2 Analyze the relationship of nutrition and wellness to individual and family health throughout the life span.
14.2.3 Analyze the effects of food and diet fads, food addictions, and eating disorders on wellness.
14.2.4 Analyze sources of food and nutrition information, including food labels, related to health and wellness
14.3.1 Apply various dietary guidelines in planning to meet nutrition and wellness needs.
14.4.1 Analyze conditions and practices that promote safe food handling.
8.2.1 Identify characteristics of major food borne pathogens, their role in causing illness, foods involved in outbreaks, and methods of prevention.
8.2.5 Practice good personal hygiene/health procedures, including dental health and weight management, and report symptoms of illness.
8.2.7 Demonstrate safe food handling and preparation techniques that prevent cross contamination from potentially hazardous foods, between raw and ready-to-eat foods, and between animal and fish sources and other food products.
8.3.6 Identify a variety of types of equipment for food processing, cooking, holding, storing, and serving, including hand tools and small ware.
8.4.7 Apply principles of Measurement, Portion Control, Conversions, Food Cost Analysis and Control, Menu Terminology, and Menu Pricing to menu planning.

## **Intro to Clothing & Design** (0522)

Standard/Benchmark *(based off of 0501)*:

16.4.1 Demonstrate professional skills in using a variety of equipment, tools, and supplies for fashion, apparel, and textile construction, alteration, and repair.

16.4.5 Demonstrate basic skills for producing and altering textile products and apparel.

11.2.3 Analyze the effects that the principles and elements of design have on aesthetics and function.