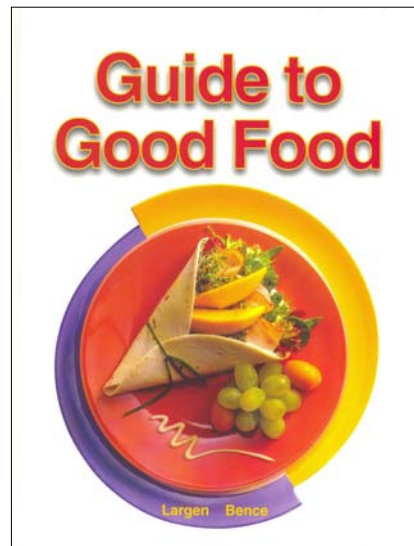




Goodheart-Willcox Publisher

**North Carolina Department of Public Instruction
Blueprint Correlations**

Course: 7045 Foods I Fundamentals
***Guide to Good Food* © 2008**



www.g-w.com

**FAMILY AND CONSUMER SCIENCES EDUCATION
COURSE BLUEPRINTS**

COURSE: Foods I - Fundamentals - 7045
TEXTBOOK TITLE: Guide to Good Food © 2008
PUBLISHER: Goodheart-Willcox

COMPETENCY AND OBJECTIVE STATEMENT	CORRELATING PAGE #
A	IMPORTANCE OF FOOD
FN1.00	Identify food customs and trends. 17-30, 219, 220
FN1.01	Describe factors that influence food choices. 17-24, 60, 61, 69-73, 204-209
FN1.02	Explain how scientific and technological developments affect food choices. 28-30, 61-69, 91, 92, 212, 213, 223, 224
FN2.00	Interpret the relationship of nutrition and health.
FN2.01	Outline nutrients, nutrient functions, and their sources. 33-56
FN2.02	Use diet planning resources. 61-69, 101-111, 200-204
FN2.03	Summarize ways to meet special nutritional needs. 81-92, 95-111, 204
B	KITCHEN RESOURCE MANAGEMENT
FN3.00	Describe safety and sanitation practices.
FN3.01	Explain safety procedures. 123-127, 165
FN3.02	Demonstrate sanitation practices. 115-123
FN4.00	Explain the organization and management of kitchens and resources.
FN4.01	Identify kitchen equipment. 158-160, 166-182, 185-196
FN4.02	Explain the organization of equipment in work centers. 151-153
C	FOOD PREPARATION
FN5.00	Use recipes.
FN5.01	Demonstrate measurement procedures, equivalents, and conversions. 239-243
FN5.02	Interpret recipe terminology and directions. 232-239
FN6.00	Demonstrate basic mixing procedures.
FN6.01	Prepare quick breads using the biscuit method. 369-373
FN6.02	Prepare quick breads using the muffin method. 369-375
FN6.03	Prepare baked goods using the conventional/standard method. 387-394
FN7.00	Select and prepare pyramid foods.
FN7.01	Demonstrate selection and preparation of grain products. 257-264, 368-383
FN7.02	Demonstrate selection and preparation of fruit. 281-288
FN7.03	Demonstrate selection and preparation of vegetables. 267-278, 357-360, 363-365

