

TENNESSEE DEPARTMENT OF EDUCATION
Family and Consumer Sciences

Category 3130 – Nutrition and Foods



Goodheart-Willcox Publisher

***Guide to Good Food* © 2008**

by Largen, Bence

**CORRELATION OF
CATEGORY 3130 - NUTRITION AND FOODS
to
Guide to Good Food 2008**

<u>CURRICULUM STANDARDS</u>	<u>CORRELATING PAGE NUMBERS</u>
STANDARD 1.0	
Demonstrate leadership, citizenship, and teamwork skills required for success in the family, workplace and community.	
Expectations and Performance Indicators	
1.1 Examine the components of (FCCLA) Family, Career, and Community Leaders of America, the co-curricular student organization, and the relationship to the Nutrition and Foods course of study.	142, 147
1.2 Plan activities using the FCCLA process.	147
1.3 Apply leadership, citizenship, and teamwork skills as an integral part of classroom activities.	140, 244
STANDARD 2.0	
Analyze factors that influence nutrition and food practices in a multi-cultural society.	
Expectations and Performance Indicators	
2.1 Examine the influence of social, psychological, technological, governmental, and scientific developments on nutrition and food practices.	21-26, 27, 28, 34, 200-204
2.2 Evaluate food habits and meal patterns in terms of family values, customs and cultural influences.	20-22, 199-214, 466, 467, 479, 488-498, 503, 521, 543, 575, 610, 619, 629
2.3 Investigate current health concerns related to nutrition and foods.	18, 20, 51, 90, 101-111, 115-117, 119-123
STANDARD 3.0	
Evaluate the nutritional needs of individuals and families in relation to health and wellness across the life span.	
Expectations and Performance Indicators	
3.1 Illustrate basic principles of nutrition to promote healthy food choices.	34-56, 80-92
3.2 Assess the effect of nutrients on health, appearance, and peak performance.	34, 90-92
3.3 Research the problems of obesity and eating disorders and identify factors that contribute to their prevention.	102, 110, 111
3.4 Demonstrate the use of current dietary guidelines in meeting individual nutritional needs of individuals and families across the life span.	21, 22, 65-69, 78, 79
STANDARD 4.0	
Demonstrate safety and sanitation procedures when handling, preparing, storing, and serving food.	
Expectations and Performance Indicators	
4.1 Identify potential health and wellness risks involving safety and sanitation hazards in the kitchen.	114-127, 150-161
4.2 Acquire one hundred percent mastery of safety and sanitation standards needed to ensure a safe environment for laboratory experiences.	115-123
4.3 Practice safety and sanitation procedures when handling, preparing, storing, and serving food.	122, 123, 213, 421-423

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<u>CURRICULUM STANDARDS</u>	<u>CORRELATING PAGE NUMBERS</u>
STANDARD 5.0	
Demonstrate ability to select, prepare, and serve nutritious and aesthetically pleasing foods.	
Expectations and Performance Indicators	
5.1 Examine the effects of various kitchen designs, tools, equipment, and technology on food preparation.	150-161
5.2 Apply basic food preparation principles when preparing selected foods.	73-75, 119-123, 235-237
5.3 Identify science principles of food preparation.	262, 273, 298, 302-305, 328, 339, 379-381, 388, 389
5.4 Demonstrate appropriate dining etiquette and table service.	406-408, 410-413
5.5 Plan and evaluate individual and family meals.	199-214, 405
STANDARD 6.0	
Explore career opportunities and preparation requirements for careers in the nutrition and food industries.	
Expectations and Performance Indicators	
6.1 Assess and compare personal qualifications, interest, values and educational preparation necessary for employment in the nutrition and foods industry.	130-145
6.2 Examine jobs and preparation requirements for careers in nutrition and foods industries.	130-145, 147
STANDARD 7.0	
Apply consumer practices in the selection of food to meet nutritional needs and equipment used in food preparation.	
Expectations and Performance Indicators	
7.1 Describe a variety of factors affecting consumer food purchases.	217-228
7.2 Investigate the impact of global and local events and conditions on nutrition and food choices and practices.	
7.3 Describe decisions to be made for purchasing kitchen equipment and appliances.	150-161
7.4 Examine legislation and regulations related to nutrition and foods (nutrition labels, meat inspection, etc).	28, 225, 322, 323
7.5 Compare nutritional information of food products and recipes.	34-56, 225, 232-242
7.6 Evaluate nutritional information reliability and claims made for dietary supplements, diet aids and diet fads.	24, 34, 81
STANDARD 8.0	
Research and evaluate ethnic and foreign foods.	
Expectations and Performance Indicators	
8.1 Describe the origins of foods of the seven main regions of the United States (New England, Mid-Atlantic, South, Midwest, West and Southwest, Pacific Coast and Hawaiian Islands) and Canada.	433-464, 465-473
8.2 Prepare foods representative of the seven main regions and Canada.	465-473
8.3 Identify and research food customs of Latin America, Europe, the Mediterranean countries, the Middle East and Africa, and Asia.	477-497, 501-537, 541-569, 574-582, 591-596, 600-637
8.4 Prepare foods native to Latin America, Europe, the Mediterranean countries, the Middle East and Africa, and Asia.	476-499, 501-539, 540-571, 572-598, 599-639