

Consumer and Creative Foods Power Standards

The students will be able to:

- Assess the effect of nutrients on health, appearance and performance.
- Assess the impact of food and diets on health and wellness.
- Analyze sources of food and nutrition information related to health and wellness.
- Apply dietary guidelines in planning to meet nutrition.
- Demonstrate the ability to select, store, prepare and serve nutritious and aesthetically pleasing foods.
- Recognize and demonstrate safety and sanitation practices throughout the food chain.
- Demonstrate knowledge of cooking terms in the preparation of products in lab.
- Select and use appropriate kitchen equipment for the task to be completed.
- Demonstrate appropriate food preparation techniques for the recipes used in lab.
- Analyze personal eating habits for health and wellness.
- Apply knowledge of nutrition and wellness when making food choices for themselves.
- Demonstrate personal responsibility when assuming their role in group work.