

FAMILY AND CONSUMER SCIENCE

FOODS AND NUTRITION

Grade: Eighth

Course Indicators:

The student will:

1. Practice measuring techniques for various foods.
2. Memorize equivalents and abbreviations.
3. Demonstrate the basic cooking terms.
4. Recognize names and uses for basic large and small equipment.
5. Demonstrate personal cleanliness in the kitchen.
6. Practice kitchen safety rules to prevent injuries.
7. Perform specific clean-up duties during labs.
8. Select individual recipes for particular labs.
9. Recall carbohydrate, fats, vitamins, proteins, and mineral functions.
10. Define health problems related to diet.
11. Memorize the four food groups and servings needed for each.
12. Practice cooking techniques with food from the four food groups.
13. Show proper table service by setting table and serving food.
14. Practice appropriate etiquette during lab.