

**Florida Department of Education
CURRICULUM FRAMEWORK**

Program Title: Principles of Food Preparation
Occupational Area: Family and Consumer Sciences

	<u>Secondary</u>
Program Numbers	8500390
CIP Number	0920.0112PA
Grade Level	9-12 30,31
Length	.5 credit
Certification	VOC HME EC @4 GEN HME EC @4 HOME EC 1 @2
Facility Code	231
CTSO	FCCLA
Coop Method	No
Apprenticeship	No

- I. **MAJOR CONCEPTS/CONTENT:** The purpose of this course is to prepare students to understand the principles of food preparation, selection and storage, basic food preparation, and selection of food services.
- II. **LABORATORY ACTIVITIES:** Instruction and learning activities are provided in a laboratory setting using hands-on experiences with the tools, equipment, and materials appropriate to the course content and in accordance with current practices. Activities provide instruction in: the application of the principles of food preparation, food selection and storage, choosing appropriate food service for various occasions and the use of small and large appliances, kitchen tools and equipment.
- III. **SPECIAL NOTE:** Family, Career and Community Leaders of America (FCCLA), is the appropriate career and technical student organization (ctso) for providing leadership training and reinforcing specific career and technical skills. Career and Technical Student Organizations, when provided, shall be an integral part of the instructional program, and the activities of such organizations are defined as part of the curriculum in accordance with Rule 6A-6.065, FAC.
- IV. **INTENDED OUTCOMES:** After successfully completing this course, the student will be able to:
- 01.0 Explain principles of food preparation.
 - 02.0 Explain principles of food selection and storage.
 - 03.0 Demonstrate food preparation skills.
 - 04.0 Choose appropriate food service for various occasions.
 - 05.0 Demonstrate leadership and organizational skills

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Florida Department of Education
STUDENT PERFORMANCE STANDARDS

Program Title: Principles Of Food Preparation
Secondary Number: 8500390
Postsecondary Number:

01.0 EXPLAIN PRINCIPLES OF FOOD PREPARATION--The student will be able to:

LA.A.2.4.4, LA.A.2.4.7, LA.A.2.4.8, MA.E.1.4.1, SC.F.1.4.3, SC.F.1.4.4, SC.F.1.4.5

- 01.01 Analyze the scientific basis for changes in food during preparation, to include protein, starch, fiber, sugars, fats, vitamins and minerals.
- 01.02 Identify the techniques for conserving nutrients during food preparation.
- 01.03 Analyze how ingredients affect product outcome.

02.0 EXPLAIN PRINCIPLES OF FOOD SELECTION AND STORAGE--The student will be able to:

LA.A.2.4.7, LA.A.2.4.8, MA.B.1.4.1, MA.E.1.4.1, MA.E.1.4.2, MA.E.1.4.3, SC.G.1.4.1, SC.G.1.4.2, SC.G.1.4.3

- 02.01 Identify quality characteristics, such as grades, size, freshness, and dating, used to select foods.
- 02.02 Compare costs, nutritional value, and characteristics of fresh, frozen, dehydrated, and canned foods.
- 02.03 Choose appropriate storage methods for foods.

03.0 DEMONSTRATE FOOD PREPARATION SKILLS--The student will be able to:

LA.A.2.2.4, LA.A.2.4.7, LA.A.2.4.8, MA.A.3.4.3, MA.B.1.4.1, MA.B.3.4.1, MA.B.4.4.1, MA.B.4.4.2, SC.G.1.4.1

- 03.01 Interpret and use recipes, to include increasing and decreasing ingredients and using substitutions.
- 03.02 Demonstrate basic food preparation skills such as techniques of cutting, mixing, cooking and measuring.
- 03.03 Select, use, care for and store food preparation equipment.
- 03.04 Explain the relationship between food-borne illnesses and practices of food safety and sanitation.
- 03.05 Identify ways of including family members in meal planning and preparation.
- 03.06 Clean and maintain food preparation areas.
- 03.07 Assess the quality of the prepared food.

04.0 CHOOSE APPROPRIATE FOOD SERVICE FOR VARIOUS OCCASIONS--The student will be able to:

LA.A.2.4.4, LA.A.2.4.7, LA.A.2.4.8, MA.A.3.4.3

- 04.01 Analyze the importance of etiquette and manners.

- 04.02 Demonstrate etiquette and manners related to food service for various occasions.
- 04.03 Plan appropriate table settings and service.
- 04.04 Plan, prepare, and serve creative cuisine such as ethnic, regional, and foods for special occasions.
- 04.05 Assess the implementation of a meal management plan for meal preparation and service.
- 04.06 Assess the quality of the prepared food.
- 04.07 Identify ways to establish or maintain family meal traditions.

05.0 DEMONSTRATE LEADERSHIP AND ORGANIZATIONAL SKILLS--The student will be able to:

LA.C.1.4.1, LA.C.1.4.2, LA.C.1.4.3, LA.C.1.4.4, MA.A.4.4.1, MA.A.4.4.3, MA.A.4.4.4, MA.E.3.4.1, MA.E.3.4.2, HE.B.3.4.1, HE.B.3.4.2, HE.B.3.4.3, HE.B.3.4.4, HE.B.3.4.5, HE.B.3.4.6, HE.C.1.4.5, HE.C.1.4.6, HE.C.2.4.4, HE.C.2.4.5, HE.C.2.4.6

- 05.01 Identify professional and youth organizations.
- 05.02 Identify purposes and functions of professional and youth organizations.
- 05.03 Identify roles and responsibilities of members of professional and youth organizations.
- 05.04 Work cooperatively as a group member to achieve organizational goals.
- 05.05 Demonstrate confidence in leadership roles and organizational responsibilities.
- 05.06 Demonstrate commitment to achieve organizational goals.
- 05.07 Develop a personal growth project.