

NORTH CAROLINA CAREER AND TECHNICAL EDUCATION STANDARDS

Family And Consumer Sciences Education

Grade: Grade 9 - 12

Course: Food and Nutrition I

NCCTE.2018.FN41 - Food I

NCCTE.2018.FN41.01.00 - Understand the relationship between food choices and health.

NCCTE.2018.FN41.01.01 - Remember influences on food choices.

NCCTE.2018.FN41.01.02 - Understand guidelines for healthy eating.

NCCTE.2018.FN41.02.00 - Understand fundamentals of food preparation.

NCCTE.2018.FN41.02.01 - Understand kitchen safety.

NCCTE.2018.FN41.02.02 - Understand safe food handling procedures.

NCCTE.2018.FN41.02.03 - Remember equipment and procedures for its use and care.

NCCTE.2018.FN41.02.04 - Remember measuring, cutting/preparation, mixing, and cooking/cleaning terms.

NCCTE.2018.FN41.02.05 - Remember recipe parts, sources, and adjustments.

NCCTE.2018.FN41.02.06 - Understand processes and benefits of a work plan and teamwork for preparing healthy foods.

NCCTE.2018.FN41.03.00 - Understand procedures, nutrition, and cooking methods in food preparation.

NCCTE.2018.FN41.03.01 - Understand procedures, nutrition, and cooking methods in fruit and vegetable preparation.

NCCTE.2018.FN41.03.02 - Understand procedures, nutrition, and cooking methods in dairy preparation.

NCCTE.2018.FN41.03.03 - Understand procedures, nutrition, and cooking methods in grain preparation.

NCCTE.2018.FN41.03.04 - Understand procedures, nutrition, and cooking methods in protein preparation.

NCCTE.2018.FN41.04.00 - Understand procedures, equipment, and techniques applied to baking production.

NCCTE.2018.FN41.04.01 - Understand procedures to prepare quick bread products.

NCCTE.2018.FN41.04.02 - Understand procedures to prepare yeast bread products.

NCCTE.2018.FN41.04.03 - Understand procedures to prepare cakes and frostings.
(SUPPLEMENTAL)

NCCTE.2018.FN41.05.00 - Understand the principles of etiquette for meal service.

NCCTE.2018.FN41.05.01 - Understand the principles of basic table setting and meal service.

NCCTE.2018.FN41.05.02 - Understand the principles of table manners.

NCCTE.2018.FN41.06.00 - Apply methods for meal planning and preparation.

NCCTE.2018.FN41.06.01 - Understand strategies in meal planning.

NCCTE.2018.FN41.06.02 - Understand strategies of selecting and storing food.



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NCCTE.2018.FN41.06.03 - Apply methods to prepare healthy meals.

