

**PERFORMANCE SKILLS EVALUATION CHECKLIST FOODS AND NUTRITION 1**  
 A minimum score of 80% or (3) for each of the following performance skills must be achieved to meet class requirements.

<b>PERFORMANCE SKILLS STANDARDS</b>		
<b>Standard 01 – Kitchen Equipment and Management</b>		
<b>I can identify and properly use various types of kitchen equipment, food terms, abbreviations, equivalents and measuring techniques.</b>	<b>Score</b>	<b>Date Passed Off</b>
<i>This includes the following:                      Recognizing the appropriate use and care of kitchen equipment; identifying appropriate uses of microwaves including safe containers and standing time; recognizing and applying food prep terms while correctly reading a recipe; identifying appropriate cooking abbreviations including tablespoon, gallon, teaspoon, pound, cup, quart and ounce; identifying equivalents for conversions including 3t.=1T, 16C.=1 gallon, 1 C.=16 T., ½ C. butter = one cube, 8 fluid ounces = 1 C.; identify and use proper measuring techniques to include dry and liquid measurements.</i>		
<b>Standard 02 – Safety and Sanitation</b>		
<b>I can practice basic safety and sanitation procedures.</b>		
<i>This includes identifying safe practices for using electric appliances, extinguishing a grease fire, storing cleaning supplies; prevention of burns, fires, falls, and electrical shock; proper first aid for cuts, burns, and electrical shock; identifying proper hand washing and dishwashing techniques; identifying different types of food borne illnesses and the prevention of each.</i>		
<b>Standard 03 – Food Pyramid</b>		
<b>I can identify healthy food choices using the MyPyramid guidelines and make healthy choices for food and activity in my own life.</b>		
<i>This includes identifying mypyramid.gov as the government website for information about the food guide pyramid; tracking meals eaten in a given time period to learn about personal eating habits; understanding nutrients provided by food groups; discussing the importance of being active and exercising for overall good health.</i>		
<b>Standard 04 – Carbohydrates</b>		
<b>I can identify the sources and function of carbohydrates and fiber and apply them while cooking in a kitchen.</b>		
<i>This includes knowing that the main function of carbohydrates is to provide energy; knowing the difference between simple and complex carbohydrates; knowing the purpose of fiber/roughage in the diet; identifying the foods high in fiber; identifying whole grains as the most nutritious complex carbohydrate and preparing recipes including them; identifying basic cooking techniques related to pasta; understanding types of leavening agents used in quick breads; identify and prepare different types of quick breads.</i>		
<b>Standard 05 – Water, Vitamins, and Minerals</b>		
<b>I can identify the sources and functions of vitamins, minerals, and water and apply them while cooking in a kitchen.</b>		
<i>This includes understanding that water is the most important of all the essential nutrients; identifying that vitamins regulate body processes, and knowing the difference between water and fat soluble; identifying between macro and micro minerals and knowing electrolytes; identifying quality fruits and vegetables; try and prepare fruits and vegetables.</i>		
<b>Standard 06 – Protein and Fats</b>		
<b>I can identify the sources and functions of proteins and fats and apply them while cooking in a kitchen</b>		
<i>This includes understanding that protein builds and repairs body tissue, amino acids are the building blocks of life, eggs are a good source of protein; identify ways to prepare eggs, and encourage milk drinking to provide the body with calcium, vitamins and protein, This includes understanding that fat is essential in the diet; identifying monounsaturated fats as the best type of fat for the body; identifying trans fats; understanding how to read a label to determine types of fat, and knowing how to choose low-fat options.</i>		