

Grand Island Public Schools FOODS I

Course Length: One semester

Grade Levels: 9, 10, 11, 12

Prerequisite Courses: None

Course Description:

This course addresses basic nutrition and food preparation through lab and lecture settings. Management of time, energy, and the use of other resources are integrated throughout the course.

Foods I Course Standards

As a result of their participation in this course, students will:

- Identify importance of food and nutrition to individuals and families.
- Develop basic food preparation skills.
- Recognize issues of food safety and sanitation.
- Demonstrate use of kitchen technology such as microwaves, various large and small appliances.
- Acquire etiquette and table setting knowledge and skills.
- Analyze factors to develop nutritional meal planning.
- Identify concerns and practices related to nutritional needs of individuals throughout the lifecycle.
- Apply knowledge and skills in various lab situations.