

## Grand Island Public Schools FOODS 2

**Course Length:** One semester

**Grade Levels:** 9, 10, 11, 12

**Prerequisite Courses:** Foods I

### **Course Description:**

This course addresses basic nutrition and food preparation through lab and lecture settings, with units designed to provide an in-depth study of specific food groups. Management of time, energy, and the use of other resources are integrated throughout the course.

### **Foods 2 Course Standards**

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

- Review and refine basic food preparation skills.
- Examine the contributions and practices related to the eggs and dairy food group.
- Identify the contributions and practices related to breads, grains and cereal products.
- Explore current food trends, concerns and issues.
- Determine ways to be responsible consumers related to nutritional choices.
- Identify the contributions and practices related to various meats.
- Incorporate nutritional practices in the selecting healthy snacks.
- Apply individual and group knowledge and skills in various lab situations.