

# Spanish Fork High School 2014-2015

## Dons Learning Targets for Foods 1

### Kitchen Equipment and Management

- K1- I can explain the types, use and care of kitchen equipment.
- K2- I can explain the basic principles of cooking in a microwave.
- K3- I can identify appropriate abbreviations, food-measurement terminology, techniques, and equivalents.
- K4- I can calculate recipe-size adjustments and demonstrate proper measuring techniques.
- K5- I can explain basic food-preparation terminology.

### Safety and Sanitation

- S1- I can apply established safety rules and guidelines to maintain a safe working environment.
- S2- I can identify proper first-aid procedures for cuts, burns and electric shock.
- S3- I can identify and apply sanitation rules and guidelines.
- S4- I can identify methods that prevent food-borne illnesses and contamination.

### MyPlate

- M1- I can identify the six dietary guidelines and the key recommendations for each.
- M2- I can demonstrate knowledge of MyPlate.
- M3- I can demonstrate knowledge of healthy eating patterns.

### Carbohydrates and Fiber

- C1- I can identify carbohydrates, their sources, and functions, and the importance of whole grains in the body.
- C2- I can identify fiber, its sources and functions.
- C3- I can apply food selection and preparation guidelines related to quick breads, rice, grains, and pasta.

## Protein and Fats

- P1- I can identify proteins, their sources, and functions in the body.
- P2- I can apply food selection and preparation guidelines related to egg products.
- P3- I can apply food selections and preparation guidelines related to milk and milk products.
- P4- I can identify fats, their sources, functions and related health concerns.

## Vitamins, Minerals and Water

- V1-I can identify vitamins, their food sources, functions, and deficiencies in the body.
- V2- I can identify minerals, their sources, functions, and deficiencies in the body.
- V3- I can identify the functions of water in the body.
- V4-I can apply food selection and preparation guidelines related to fruits and vegetables.