

Spanish Fork High School 2014-2015

Dons Learning Targets for Foods 2

Kitchen Management

- K1- I can identify food safety and sanitation rules and guidelines to maintain a safe working environment.
- K2- I can identify and explain the appropriate safe use and care of kitchen equipment.
- K3- I can select appropriate equipment to use for specific product preparation and culinary.

Salads

- S1- I can identify and perform salad preparation skills.
- S2- I can identify structure and arrangement and service of a salad.
- S3- I can demonstrate knife skills and cutting techniques in salad making techniques.
- S4- I can identify the nutrients found in salads and incorporate guidelines from MyPlate.
- S5- I can explain classification of salads—appetizer, accompaniment, main dish, dessert.

Soups and Sauces

- A1- I can identify and prepare the two basic types of soup (cream and stock).
- A2- I can identify and prepare a cream based soup.
- A3- I can identify and prepare a stock based soup
- A4- I can identify how soups may be served as different parts of a meal incorporating guidelines from MyPlate.
- A5- I can identify and apply proper storage of soups.
- A6- I can demonstrate knife skills and cutting techniques in soup making techniques.
- A7- I can identify the five Mother sauces used in standard home and restaurant cooking.

Casseroles

- C1- I can identify, prepare and evaluate casseroles utilizing guidelines from MyPlate.
- C2- I can define casseroles and the qualities/nutrients of casseroles.
- C3- I can identify protein and its function as the main ingredient.
- C4- I can identify carbohydrate/starch and its function as extender.
- C5- I can identify vegetables and function as it adds contrast in color and texture.
- C6- I can identify the binder as the sauce, which hold ingredients together.
- C7- I can identify casserole toppings used for color, variety in texture; protects protein ingredients
- C8- I can demonstrate knife skills and cutting techniques in casseroles making techniques mother sauce.

Health Concerns

- H1- I can identify the changing nutritional needs across the life cycle.
- H2- I can classify common food and nutrition related health concerns.

Meal Planning

- M1- I can identify quality meal planning elements.
- M2- I can incorporate the current Dietary Guidelines and MyPlate when planning nutritionally balanced meals.
- M3- I can plan, prepare and evaluate aesthetically pleasing meals by incorporating the aesthetic guidelines.
- M4- I can incorporate food costs as part of meal planning element
- M5- I can create a work plan.
- M6- I can identify and practice skills associated with meal service.
- M7- I can identify and demonstrate practice table setting techniques.
- M8- I can identify how table setting influences the appearance of the food, sets the tone/feeling of the meal, and makes people feel important.
- M9- I can identify and demonstrate correct etiquette while dining.
- M10- I can practice consumerism and budgeting skills related to food.
- M11- I can read and interpret food labels as it applies to nutritional value.

Yeast Breads and Pastries

- Y1- I can identify and prepare yeast breads.
- Y2- I can identify the classes of breads: rolls, loaves, deep-fat fried.
- Y3- I can identify ingredients in yeast breads and their functions.
- Y4- I can identify the food science principles of yeast breads.
- Y5- I can identify and prepare pies/tarts (pie shell, single, double).
- Y6 I can identify main ingredients and their functions.
- Y7- I can explain the storage and handling of pastries.
- Y-8 I can explain the nutrients found in breads and incorporate guidelines from MyPlate.

Meats and Poultry

- M1- I can identify and prepare meats and/or poultry product(s).
- M2- I can identify lean vs. fatty cuts of meats and poultry.
- M3- I can discuss inspection and grading of meat and poultry.
- M4- I can discuss how bone affects serving size.
- M5- I can identify and apply proper cooking temperatures to meats.
- M6- I can match appropriate cooking methods dry vs. moist
- M7- I can explain the nutrients found in meats and incorporate guidelines from MyPlate.