

# WELCOME TO FOODS & NUTRITION I

## Course Description

This course is designed to focus on the science of food and nutrition. Experiences will include food safety and sanitation, culinary technology, food preparation and dietary analysis to develop a health lifestyle with pathways to career readiness. Laboratory based experiences strengthen comprehension of concepts and standards outlined in Sciences, Technology, Engineering and Math (STEM) education. Student leadership and competitive events (FCCLA) may be integrated into this course.

We will be studying the following units in Foods & Nutrition I:

## Classroom & Lab Management

Kitchen Equipment  
Lab Procedure & Management  
Reading a Recipe/ Measuring/ Recipe Math  
Safety and Food Sanitation

## Food- Keeping the Body Fit

US Dietary Guidelines  
My Plate

## Food- Giving the Body Energy

Carbohydrates/ Fiber  
- Quick Breads, Rice, Grains, and Pasta  
Lipids

## Food- Regulating Body Functions

Vitamins / Minerals/ Water  
- Fruits, Vegetables, Milk

## Food- Building the Body's Cells and Tissues

Protein  
- Eggs, Milk

