

Proposed Academic Standards for Family and Consumer Sciences

Food Science and Nutrition: Comparison with 4H Foods and Nutrition Projects

SIX EASY BITES-LEVEL A			
Chapter Title	Academic Standards	Grade	Activities
Healthy Food selection	11.3.6.C: Analyze factors that affect food choices	6	Making a breakfast food
			Discovering the importance of calcium for bone strength
			Testing starch in Foods
			Making granola bars
Food Preparation	11.3.6.F: Analyze basic food preparation techniques and food handling procedures.	6	Micro waving potatoes
			Making cookies
			Making muffins two ways
			Making pancakes
Food Safety	11.3.6.B: Describe safe food handling techniques e.g. storage, temperature control, food preparation etc.	6	Storing eggs properly
			Understanding how foods spoil
			Observing bacterial growth in milk
			Understanding that all bacteria aren't harmful
Food Preservation	11.3.6.B: Describe safe food preparation and handling techniques e.g. storage, temperature control, food preparation etc.	6	Checking freezer packaging material
			Freezing a sandwich
			Freezing berries
			Making ice cream

TASTY TIDBITS-LEVEL B			
Chapter Title	Academic Standards	Grade	Activities
Healthy Food Selection	11.3.6.C: Analyze factors that affect food choices	6	Difference between sports drink and water
			Making a vegetable salad
			Altering the fat content in food
			Fitting fast food into your life
Food Preparation	11.3.6.C: Analyze factors that affect food choices	6	Altering cake recipes for healthy living
	11.3.6.F: Analyze basic food preparation techniques and food handling procedures.		Making pretzels
			Making a main dish in the oven
			Making a one-dish meal on top of the stone
Food Safety	11.3.6.B: Describe safe food handling techniques e.g. storage, temperature control, food preparation etc.	6	Storing Fruits
			Making Fruit
			Demonstrating how mold ripens cheese
			Preventing light colored fruits from browning
Food Preservation	11.3.6.B: Describe safe food handling techniques e.g. storage, temperature control, food preparation etc.	6	Freezing batter or prepared baked products
			Freezing vegetables
			Freezing leftovers for a TV dinner
			Drying and freezing Bananas
YOU'RE THE CHEF-LEVEL C			
Chapter Title	Academic Standards	Grade	Activities
Healthy Food Selection	11.3.9.C: Analyze the impact of food addictions and eating disorders on health	9	Evaluating fad diets
			Understanding how eating and emotions are connected

Food Preparation	11.3.9.F: Infer the effectiveness of the use of meal management principles (e.g., time management, budgetary considerations, sensory appeal, balanced nutrition, safety sanitation).	9	Stir-frying vegetables in a skillet
			Making an oven baked chicken dinner
			Making breadsticks
			Micro waving ground beef
Food Safety	11.3.9.B: Identify the cause, effect and prevention of microbial contamination, parasites and toxic chemicals in food	9	Demonstrating the action of preservatives
			Understanding the effects of a natural stabilizer
			Making a natural food additive
			Understanding the action of yeast
Food Preservation	11.3.9.G: Analyze the application of physical and chemical changes that occur in food during preparation and preservation	9	Canning tomatoes in a boiling water canner
			Drying Fruit
			Making strawberry freezer jam
			Making fresh-pack dill pickles
	FOODWORKS-LEVEL D		
Chapter Title	Academic Standards	Grade	Activities
Healthy Food Selection	11.3.12 F Evaluating use of nutrition and meal planning principles in selection, planning and preparation of meals to meet nutritional needs of individuals across their lifespan	12	Conducting a food activity for young children
			Identifying local programs that offer food or nutrition assistance to pregnant women
			Making bean burritos

			Identifying social and biological factors that affect older adults' nutritional needs
Food Preparation	11.3.12.F: Evaluate the application of nutrition and meal planning principles in the selection, planning, preparation and serving of meals that meet the specific nutritional needs of individuals across their lifespan	12	Planning an international food "festival"
			Baking fish
			Making a double-crust apple pie
			Dividing recipes
Food Safety	11.3.12.B: Evaluate the role of government agencies in safeguarding our food supply	12	Marinating meat
			Demonstrating the influence of nitrates
			Learning what to do when the freezer stops
			Investigating current issues in food safety
Food Preservation	11.3.12 G: Infer the relevance of scientific principles to food processing, preparation and packaging	12	Making planovers
			Canning Snap Beans
			Making jelly without added pectin
			Making beef jerky