

Course Name: Food Safety & Nutrition

School Year: 2025-2026

Course Description: *This course focuses on the development of essential food safety practices needed to select, receive, store, prepare, and serve food, as well as the skills needed to select food that meets nutritional needs of individuals and families. Students will learn to create and implement an environment of food safety procedures based on the latest FDA Food Code and local regulations. This course gives emphasis to the development of competencies related to nutrition, weight control, the food consumer, the effect of technology on food and nutrition, and food preparation skills. With completion of this course, students should be able to apply sound sanitation practices, to apply sound nutritional practices for positive effect on their health, and food preparation skills necessary in various aspects of the food industry..*

Overview of Student Outcomes

Timeframe

Standard 1.0

Students will demonstrate practices and procedures that assure personal and workplace health and hygiene.

Goal: Students will identify the components of a good personal hygiene program (1.1) Goal: Students will investigate ways to minimize the impact of employee illness in a food establishment (1.2)

Standard 2.0

Students will describe foodborne illnesses, contaminants, and allergens.

Goal: Students will evaluate the effects of foodborne illnesses on individuals and organizations.

(2.1) Goal: Students will analyze biological contaminants (viruses, bacteria, parasites, and fungi) that may contaminate food. (2.2)

Goal: Students will distinguish between physical and chemical contaminants. (2.3)

Goal: Students will investigate food allergens and how they may be avoided. (2.4)

Standard 3.0

Students will describe the proper processes for cleaning and sanitizing food preparation equipment.

Goal: Students will investigate the process for cleaning and sanitizing within a home kitchen or food service establishment (3.1)

Goal: Students will identify the methods used in home and food service operations for washing dishes. (3.2) Goal: Students will identify procedures for storing sanitized equipment and cleaning supplies. (3.3)

Standard 4.0

Students will assess the flow of food to prevent contamination.

Goal: Students will investigate ways to monitor the time and temperature of food.

(4.1) Goal: Students will determine proper handling procedures for purchasing food. (4.2) Goal: Students will investigate guidelines for proper storage of food

products (4.3)

Goal: Students will develop guidelines for safe food production. (4.4)

Standard 5.0

Students will assess the need for integrated pest management programs, food service inspections, and active managerial control.

Goal: Students will evaluate the benefits of an integrated pest management program.

(5.1) Goal: Students will evaluate the role of food service inspection agencies (5.2)

Goal: Students will evaluate the role of active managerial control systems (5.3)

Standard 6.0

Students will examine the roles of nutrition and weight control on health problems and diet

practices. Goal: Students will describe psychological, physiological and environmental reasons for eating. (6.1) Goal: Students will identify basic nutrient groups and their sources and functions (6.2)

Goal: Students will evaluate the effect of lifestyle choices on wellness (6.3)

Goal: Students will explain ChooseMyPlate: divisions, physical activity, and recommended allowances.

(6.4) Goal: Students will identify food related health problems . (6.5)

Check your grade on Home Access Center for up to date information concerning grades.



Standard 7.0

Students will explore the use of technology in the food industry.

Goal: Students will examine the effects of technology in the application of practical purposes for safety, availability, choices, and nutrient content of food. (7.1)

Goal: Students will investigate current issues, trends, and environmental concerns related to food technology. (7.2)

Goal: Students will compare advantages and disadvantages of convenience foods. (7.3)

Standard 8.0

Students will apply concepts for selecting and purchasing food.

Goal: Students will identify resources to consider in planning appealing, nutritious meals (8.1)

Goal: Students will describe considerations necessary to make informed food purchases. (8.2)

Standard 9.0

Students will apply concepts of kitchen organization; selection, maintenance and effects of technology on large and small appliances; and conservation of resources.

Goal: Students will describe work centers, work triangles and floor plans (9.1)

Goal: Students will describe selection, use, care, and trends of large and small kitchen appliances (9.2)

Goal: Students will identify ways to conserve resources and the effects of technology in kitchen equipment. (9.3)

Standard 10.0

Students will apply concepts of food preparation required for success in the food industry. *Goal: Students will identify food preparation tools and equipment (10.1)*

Goal: Students will interpret recipes and their components; analyze abbreviations and equivalent measurements; and demonstrate measuring techniques (10.2)

Goal: Students will design and prepare recipes that meet various nutritional needs. (10.3)

Standard 11.0

Students will analyze meal service patterns and proper manners for serving, eating, and clearing meals in public and private.

Goal: Students will discuss types of meal service, table settings, and appointments.

(11.1) Goal: Students will describe proper manners for serving, eating, and clearing meals (11.2))

Standard 12.0

Students will investigate careers related to food management.

Goal: Students will explore careers related to nutrition, weight control, and the foodservice industry (12.1). Goal: Students will develop employability skills (12.2)

Link to Course Standards on ADE Website:

https://drive.google.com/file/d/1clovraJgdDHtdb7-MFtkMimvpiWyD_VP/view

Common Texts:

ServSafe Course Book, ServSafe Food Handler Book, University of Hawaii--Human Nutrition Book (Creative Commons-free download) <http://pressbooks.oer.hawaii.edu/humannutrition/>

Available Student Support for Learning:

Please refer to YOUR teacher's website or Google Classroom for more information.

Major Projects & Exams: ALL Food Labs will be counted as EOL GRADES. Students will be expected to take the ServSafe Food Handler Exam (through the National Restaurant Association) during the second semester of the course. Students will be expected to curate a digital portfolio of completed labs with accompanying information. Portfolios will be due at the end of the first semester AND again at the end of the second semester.

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