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| **1. Describe Factors Influencing Food Choices** | | |
| The Goal | What I did | Teacher approval |
| *1.1 identify factors that affect food choices when selecting foods and planning meals, including:* | | |
| 1.1.1 nutrition |  |  |
| 1.1.2 resources; e.g., time, skills, energy, financial considerations, equipment |  |  |
| 1.1.3 family and/or cultural traditions |  |  |
| 1.2 identify psychological and sociological influences; e.g., peer/media pressure, eating disorders |  |  |
| 1.3 discuss special dietary considerations |  |  |
| *1.4 discuss the importance of consumer strategies in the selection and purchase of foods, considering:* | | |
| 1.4.1 types of food supply stores |  |  |
| 1.4.2 food merchandising; e.g., food storage, food packaging |  |  |
| 1.4.3 comparative shopping; e.g., label information, food grades |  |  |
| **2. identify and demonstrate factors contributing to successful meal planning by planning, preparing and evaluating healthy meals for varying lifestyles and special occasions** | | |
| *2.1 plan and prepare a breakfast, lunch, dinner and/or a special occasion meal, considering such factors as:* | | |
| 2.1.1 preparing a grocery list |  |  |
| 2.1.2 estimating costs |  |  |
| 2.1.3 buying and storing foods |  |  |
| 2.1.4 time management |  |  |
| 2.1.5 nutrient value of foods and meals |  |  |
| 2.1.6 preparation techniques |  |  |
| 2.1.7 skill level |  |  |
| 2.1.8 availability of tools and equipment |  |  |
| 2.1.9 presentation of foods |  |  |
| *2.2 evaluate one meal according to one or more of the following:* | | |
| 2.2.1 nutrition |  |  |
| 2.2.2 preparation time |  |  |
| 2.2.3 cost |  |  |
| 2.2.4 preparation techniques |  |  |
| **3. identify and demonstrate safe and sanitary practices** | | |
| 3.1 maintain a clean, sanitary, safe work area |  |  |
| *3.2 apply universal precautions related to:* | | |
| 3.2.1 personal protective equipment (PPE); e.g., hair coverings, aprons, gloves |  |  |
| 3.2.2 hand-washing techniques |  |  |
| 3.2.3 infectious diseases |  |  |
| 3.2.4 blood-borne pathogens |  |  |
| 3.2.5 bacteria, viruses, molds |  |  |
| 3.2.6 safety and first-aid applications; e.g., back safety, cuts, slip and trip hazards |  |  |
| 3.3 use all materials, products and implements appropriately |  |  |
| 3.4 clean, sanitize and store materials, products and implements correctly |  |  |
| 3.5 dispose of waste materials in an environmentally safe manner |  |  |
| **4. demonstrate basic competencies** | | |
| *4.1 demonstrate fundamental skills to:* | | |
| 4.1.1 communicate |  |  |
| 4.1.2 manage information |  |  |
| 4.1.3 use numbers |  |  |
| 4.1.4 think and solve problems |  |  |
| *4.2 demonstrate personal management skills to:* | | |
| 4.2.1 demonstrate positive attitudes and behaviours |  |  |
| 4.2.2 be responsible |  |  |
| 4.2.3 be adaptable |  |  |
| 4.2.4 learn continuously |  |  |
| 4.2.5 work safely |  |  |
| *4.3 demonstrate teamwork skills to:* | | |
| 4.3.1 work with others |  |  |
| 4.3.2 participate in projects and tasks |  |  |
| **5. make personal connections to the cluster content and processes to inform possible pathway choices** | | |
| 5.1 complete/update a personal inventory; e.g., interests, values, beliefs, resources, prior learning and experiences |  |  |
| 5.2 create a connection between a personal inventory and occupational choices |  |  |