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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 |  |  |