

Foods 1010 – Food Basics Checklist

1. describe and demonstrate factors relating to safety and sanitation		
The Goal	What I did	Teacher approval
1.1 identify the need for personal hygiene		
1.2 demonstrate appropriate hand-washing techniques		
1.3 demonstrate proper sanitization of equipment and workspace		
1.4 demonstrate ability to leave food preparation area in an appropriate fashion		
1.5 practice appropriate workspace safety focusing on:		
1.5.1 prevention of accidents; e.g., back safety, slip and trip hazards, burns, cuts		
1.5.2 injury treatment		
1.5.3 blood-borne pathogens; e.g., minor cuts, blood spills		
1.6 select and safely use available tools and equipment when:		
1.6.1 measuring		
1.6.2 preparing		
1.6.3 mixing		
1.6.4 cooking		
1.6.5 serving		

2. research common methods of hazard assessment and control

The Goal	What I did	Teacher approval
2.1 describe the three key elements of WHMIS		
2.2 identify WHMIS hazard symbols		
2.3 interpret the Material Safety Data Sheet (MSDS)		
2.4 describe the location or placement of a chemical storage area and the proper storage of chemicals		
2.5 apply the requirements of WHMIS to a food preparation area by:		
2.5.1 describing environmental protections and material handling used in food preparation		
2.5.2 describing personal protective equipment (PPE) and practices used in food preparation		

3. demonstrate food choices in relation to <i>Eating Well with Canada's Food Guide</i>		
The Goal	What I did	Teacher approval
3.1 analyze one food choice in relation to <i>Eating Well with Canada's Food Guide</i>		
3.2 identify sources and functions of the following leader nutrients:		
3.2.1 water		
3.2.2 macronutrients		
3.2.3 micronutrients		
4. demonstrate knowledge and skills in the planning, preparing and evaluating of basic food recipes		
The Goal	What I did	Teacher approval
4.1 use accepted recipe language		
4.2 prepare a minimum of five recipes that emphasize:		
4.2.1 cooperative teamwork		
4.2.2 safety and sanitation		