

HUMANITIES-FOOD SCIENCE

Unit Title	Introduction	What is Food Science	Basic Food Chemistry	Major Nutrients under the Scope	Vitamins and Minerals	Substitutes and Additives	Fermentations	Food Safety
# of weeks	1	3	4	5	1	2	1	1
Department Specific Skills								
Technology								
Critical Thinking	X							
Design	X							
Leadership								
Personal Skills								
Career Exploration	X							
Core Benchmark Indicators								
Evaluate social and cultural factors that influence healthy lifestyle choices								
Appraise the impact of advertising / media, peer pressure, vending, convenience on lifestyle		X						
Create food patterns related to healthy to lifestyle outcomes								
Determine how food science guides the creation of new food products through enrichment, hydrogenation, and substitutions		X				X	X	
Examine the effect that nutrients, sugar and fat alternatives have on the body at the cellular level			X	X	X			
Determine the role each nutrient plays in overall body health			X	X	X			
Evaluate nutrition information to guide food choices for a healthy lifestyle								
Distinguish reliable sources of nutrition information (e.g., food labels, popular magazines)	X	X		X				
Appraise USDA nutrition facts labels and special claims (e.g. percent fat)			X	X				
Assess the qualities and use of new or fortified foods products.			X	X	X	X		
Evaluate the complex nature of nutrients and the body functions.			X	X	X			
Assess the uses and dangers of supplements and steroid use.					X	X		
Apply proper food handling techniques to develop plans for self and others								
Identify the basic equipment and supplies necessary to assure safe food handling								X
Correlate personal hygiene behaviors to prevent food borne pathogens								X



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Examine conditions that put people at risk to encounter food borne pathogens								X
Explain food borne pathogens								X
Assess the safety of food preparation methods using proper food handling techniques								X
Validate kitchen sanitation procedures when handling food to prevent cross contamination and food borne pathogens								X
Determine the impact on food and beverage packaging and preservation						X	X	
Examine the effects that food borne pathogens have on the body.		X						X
Develop critical thinking and reasoning to select available resources that ensure adequate, secure food supplies								
Evaluate how individuals and government agencies regulate food safety including: food supply security, government regulatory role for efficacy; government role for food product safety					X	X		X
Evaluate reliable food safety information resources to inform decisions related to providing safe, secure food supplies including; credentialed authors; up to date unbiased information; validated information from more than one source; information based on reliable research procedures		X				X		X
Identify kitchen practices that sustain the environment								
Understand what food preparation practices help sustain the environment			X					
Recognize why food preparation practices can sustain the environment		X	X					
Evaluate consumer and industry food related practices that sustain the environment	X	X						
Explain renewable and non-renewable resources in context of purchasing, storing, and preparing foods in homes and industry	X	X						
Seek methods that sustain the environment in homes and food industries		X						X

