

Tourism, Hospitality, Foods & Nutrition Cluster
FOODS, NUTRITION & WELLNESS PATHWAY

Pathway Core Competencies & Objectives

COMPETENCIES

FNW1 Identify conditions and practices that promote safe food handling

OBJECTIVES

- FNW1-1 Knowledge of appropriate food temperatures and procedures for storage, thawing, cooking, cooling and reheating
- FNW1-2 Apply appropriate food handling techniques to avoid cross contamination
- FNW1-3 Knowledge and use of safe household kitchen practices (e.g. storage and handling of chemicals, proper equipment use and storage, disposal practices and child safety)

COMPETENCY

FNW2 Examine the relationship of nutrition and wellness to individual and family health

OBJECTIVES

- FNW2-1 Demonstrate knowledge and application of current federal guidelines regarding nutrition (CDC, FDA, USDA)
- FNW2-2 Analyze the relationship between nutrition and a variety of health concerns (e.g., eating disorders, obesity, cholesterol, low blood sugar, diabetes, sports nutrition, etc.)
- FNW2-3 Demonstrate ability to interpret nutritional information from a variety of sources (e.g., labels, articles, advertisements)

COMPETENCY

FNW3 Students demonstrate effective meal planning

OBJECTIVES

- FNW3-1 With an emphasis on budget, select foods based on available resources (e.g. seasonal foods, sustainability, etc.)
- FNW3-2 Knowledge and preparation of aesthetically pleasing foods (e.g. texture, color, flavors, portions and shapes)
- FNW3-3 Knowledge of healthy and nutritious foods to include appropriate portions and dietary requirements/restrictions

COMPETENCY

FNW4 Demonstrate understanding and use of basic tools and equipment

OBJECTIVES

FNW4-1 Identify, select, use, clean and safely maintain basic food preparation equipment

COMPETENCY

FNW5 Demonstrate knowledge of basic cooking and baking methods

OBJECTIVES

- FNW5-1 Demonstrate how to read, interpret, execute and adapt a standard recipe
- FNW5-2 Demonstrate appropriate food production and organizational skills according to recipe needs
- FNW5-3 Demonstrate proper measurement techniques to execute a recipe.
- FNW5-4 Apply the fundamentals of cooking to the preparation of a variety of products, including baking

COMPETENCY

FNW6 Knowledge of general rules regarding place setting and table etiquette

OBJECTIVES

- FNW6-1 Ability to set a table with basic place settings
- FNW6-2 Knowledge of acceptable table manners