

**CLUSTER**  
**COURSE**  
**WVEIS CODE**

**Human Services**  
**Foundational Food Preparation**  
**0954**

**COURSE DESCRIPTION**

This course will provide students with the skills and practices that are required for Foundational Food Preparation skills for healthy eating. Emphasis is placed on the relationship of diet to health, healthful food preparation and sound nutrition. Sustainability for a global society, kitchen and meal management, traditions and trends in food consumption and resource management are addressed. Students utilize problem-solving techniques and participate in hands-on activities to develop an understanding of course concepts. Teachers should provide each student with real world learning opportunities and instruction. Students are encouraged to become active members of the student organization FCCLA or HOSA. All West Virginia teachers are responsible for classroom instruction that integrates learning skills, technology tools, and skill sets.

**SKILL SETS**

- Safety and Sanitation Procedures
- Selection and Use of Kitchen Equipment
- Plan, Prepare, and Serve Food for Healthful Eating
- Food Traditions and Trends
- Nutrition and Health
- Leadership, Citizenship, and Teamwork Skills

**Foundational Food Preparation**

**WVEIS 0954**

Skill Set	Safety and Sanitation Procedures	
<i>Knowledge Objectives</i>	<i>Students will demonstrate knowledge of</i>	
0954.1	<ul style="list-style-type: none"> <li>• safe food preparation, storage, and presentation.</li> </ul>	
<i>Performance Objectives</i>	<i>Students will</i>	<i>Skill Set Met</i>
0954.2	<ul style="list-style-type: none"> <li>• practice good personal hygiene/health procedures.</li> </ul>	
0954.3	<ul style="list-style-type: none"> <li>• demonstrate safe food handling and preparation techniques.</li> </ul>	
0954.4	<ul style="list-style-type: none"> <li>• demonstrate safe and environmentally responsible waste disposal and recycling methods.</li> </ul>	
Skill Set	Selection and Use of Kitchen Equipment	
<i>Knowledge Objectives</i>	<i>Students will demonstrate knowledge of</i>	
0954.5	<ul style="list-style-type: none"> <li>• a variety of types of equipment for food processing, cooking, storing, and serving.</li> <li>• safe operation of tools and equipment following safety procedures.</li> </ul>	

<i>Performance Objectives</i>	<i>Students will</i>	<i>Skill Set Met</i>
0954.6	<ul style="list-style-type: none"> <li>maintain tools and equipment following safety procedures.</li> </ul>	
0954.7	demonstrate procedures for safe and secure storage of equipment and tools. <ul style="list-style-type: none"> <li>design plans for food, equipment, and supplies to meet food preparation requirements.</li> </ul>	
0954.8	utilize weights and measurement tools to demonstrate <ul style="list-style-type: none"> <li>knowledge of portion control and measurement techniques.</li> </ul>	
<b>Skill Set</b>	<b>Plan, Prepare, and Serve Food for Healthful Eating</b>	
<i>Knowledge Objectives</i>	<i>Students will demonstrate knowledge of</i>	
0954.9	<ul style="list-style-type: none"> <li>skills and procedures in applying healthful principles of food preparation.</li> </ul>	
	<ul style="list-style-type: none"> <li>basic cooking methods.</li> </ul>	
	<ul style="list-style-type: none"> <li>methods of food preservation and food preservatives.</li> </ul>	
	<ul style="list-style-type: none"> <li>the variety of factors affecting consumer food purchases.</li> </ul>	
<i>Performance Objectives</i>	<i>Students will</i>	<i>Skill Set Met</i>
0954.10	<ul style="list-style-type: none"> <li>develop appropriate menus, grocery orders, and timelines for cooking and/or baking labs.</li> </ul>	
0954.11	<ul style="list-style-type: none"> <li>examine functions of ingredients, nutritive value, and methods of preparation.</li> </ul>	
0954.12	<ul style="list-style-type: none"> <li>develop a variety of nutritionally sound and healthy menus for individuals and groups.</li> </ul>	
0954.13	<ul style="list-style-type: none"> <li>examine the applicability of convenience food items.</li> </ul>	
0954.14	demonstrate cooking methods that increase nutritional <ul style="list-style-type: none"> <li>value, lower calorie and fat content, and utilize herbs and spices to enhance flavor.</li> </ul>	
<b>Skill Set</b>	<b>Food Traditions and Trends</b>	
<i>Knowledge Objectives</i>	<i>Students will demonstrate knowledge of</i>	
0954.15	<ul style="list-style-type: none"> <li>the impact of culture on food choices and practices.</li> </ul>	
	<ul style="list-style-type: none"> <li>factors that influence nutrition and wellness practices across the life span.</li> </ul>	
	<ul style="list-style-type: none"> <li>ethnic and culturally diverse foods.</li> </ul>	
<i>Performance Objectives</i>	<i>Students will</i>	<i>Skill Set Met</i>
0954.16	<ul style="list-style-type: none"> <li>illustrate how technological developments affect food choices.</li> </ul>	

0954.17	<ul style="list-style-type: none"> <li>summarize factors that influence food choices.</li> </ul>	
0954.18	<ul style="list-style-type: none"> <li>a positive dining atmosphere.</li> </ul>	
0954.19	<ul style="list-style-type: none"> <li>demonstrate table appointments.</li> </ul>	
0954.20	<ul style="list-style-type: none"> <li>practice etiquette, food presentation, and table service appropriate for specific situations.</li> </ul>	
0954.21	<ul style="list-style-type: none"> <li>exhibit appropriate etiquette.</li> </ul>	
<b>Skill Set</b>	<b>Nutrition and Health</b>	
<i>Knowledge Objectives</i>	<i>Students will demonstrate knowledge of</i>	
0954.22	<ul style="list-style-type: none"> <li>sources of food and nutrition information, including food labels, related to health and wellness.</li> <li>various dietary guidelines in planning to meet nutrition and wellness needs.</li> </ul>	
<i>Performance Objectives</i>	<i>Students will</i>	<i>Skill Set Met</i>
0954.23	<ul style="list-style-type: none"> <li>summarize the effect of nutrients on health, appearance, and peak performance.</li> </ul>	
0954.24	<ul style="list-style-type: none"> <li>outline the relationship of nutrition and wellness to individual and family health throughout the life span.</li> </ul>	
0954.25	<ul style="list-style-type: none"> <li>estimate the effects of food and diet fads, food addictions, and eating disorders on wellness.</li> </ul>	
<b>Skill Set</b>	<b>Leadership, Citizenship, and Teamwork Skills</b>	
<i>Knowledge Objectives</i>	<i>Students will demonstrate knowledge of</i>	
0954.26	<p>leadership, citizenship, and teamwork skills required</p> <ul style="list-style-type: none"> <li>for success in the family, workplace, and global community.</li> </ul>	
<i>Performance Objectives</i>	<i>Students will</i>	<i>Skill Set Met</i>
0954.27	<ul style="list-style-type: none"> <li>assess factors involved in successful leadership skills, citizenship traits, and teamwork traits.</li> </ul>	
0954.28	<ul style="list-style-type: none"> <li>apply leadership, citizenship, and teamwork skills as an integral part of classroom activities.</li> </ul>	