

COURSE: FOOD PREPARATION AND NUTRITION

CONTENT OUTLINE

- I. Role of Food in the Body
 - A. Review of Essential Nutrients and Dietary Guidelines
 - B. The Digestion of Food
- II. Nutrition and Physical Fitness
 - A. Influences on Food Selection
 - B. Ideal Body Weight
 - 1. Food-related illnesses
 - a. Malnutrition
 - b. Anorexia
 - c. Bulimia
 - 2. Exercise and fitness
 - 3. Weight loss, weight gain, and weight maintenance plans
 - C. Food Facts and Fallacies
 - 1. Controlling fats, salt, and sugar
 - 2. Vitamin supplements
- III. Skills and Techniques of Food Preparation
 - A. Review of Laboratory Procedures
 - B. Kitchen Equipment
 - 1. Microwave ovens
 - 2. Cutting tools
 - 3. Portable electric appliances
 - C. Purchasing Food
 - 1. Marketing strategies -- advertising and coupons
 - 2. Shopping lists
 - 3. Selecting a store
 - 4. Consumer rights and responsibilities
- IV. Foundations of Nutritious Food Preparation
 - A. Soups, Stocks, and Sauces
 - B. Salads and Salad Dressings
 - C. Eggs
 - D. Poultry
 - E. Fish
- V. The Basics of Baking
 - A. Functions of Ingredients
 - B. Baking Equipment and Storage
 - C. Preparation of Nutritious Bakery Items
- VI. Careers in Food and Nutrition
 - A. Career Exploration
 - B. Career Suitability