

COURSE PROFICIENCY OUTLINE

Life Skills 1

Purpose

This program is designed to give practical, exploratory experiences with equipment, and the selection and preparation of healthy foods. Learning to work cooperatively in a group is also a program goal. The course will also include the exploration of career opportunities and marketing aspects of the food industry.

- I. Student Outcomes Technology 8.1 Career 9.1A, 9.2ABCDF
- A. Students will demonstrate a good work ethic and demonstrate the proper use of materials and equipment.
 - B. Students will demonstrate an understanding of basic nutritional concepts.
 - C. Students will gain a sense of time, energy, and money in the preparation of food.
 - D. Students will be aware of career opportunities and the requisite training.
 - E. Students will demonstrate knowledge of food marketing.

II. Content

- A. Kitchen safety
- B. Identifying nutrients and a healthy diet
- C. Measuring basics
- D. Reading and analyzing food labels
- E. Principles of nutritional meal and snack planning
- F. Reading recipes
- G. Sanitary food preparation/storage concepts and techniques
- H. Cooking basics
- I. Microwave/Convection oven cooking basics
- J. Health and Fitness
- K. The cooperative work experience
- L. Incorporating technology
- M. Career planning

III. Evaluation

- A. Students will be expected to attend class regularly and adhere to teacher directions.
- B. Students will be expected to complete class work, homework, projects and reports. Students will be given the opportunity to make up work missed.

- C. Students will be expected to demonstrate an acceptable level of proficiency in all of the goals and objectives of the course within the previously defined content and instructional areas.
- D. The evaluation of student proficiency may consist of quizzes, written assignments, and projects which must be completed to the best of each student's demonstrated ability. Teacher daily observations of the student's involvement, participation, and learning within the class activities and environment will also be considered.
- E. The final grade represents the teacher's professional judgment as to what the student has contributed and/or achieved. The aforementioned requirements will represent the basis for this judgment.

Revised 3/2005

Reviewed and revised: August 2010