



**Florida Department of Education Student Performance
STANDARDS ALIGNMENT & SUGGESTED PACING GUIDE**

Principles of Food



iCEV Family & Consumer Sciences Site

Scope & Sequence	Lesson Title	CTE Standards and Benchmarks	Days of Teaching
1	Scientific Principles: Chemical Properties	1.01; 1.03	6
2	Chemical Processes in Food Science	1.01; 1.03	6
3	Introduction to Culinary Techniques & Methods	1.02; 2.03; 3.01; 3.02	10
4	Fruits & Vegetables	1.02; 2.01; 2.03	14
5	Dairy Products, Breakfast Foods & Eggs	1.02; 2.01; 2.03	17
6	Meat, Poultry & Seafood	2.01	19
7	Groceries 101	2.02; 4.05	6
8	Hot Topics- Fast & Convenience Foods	2.02	2
9	The Science in Food Handling & Storage	2.03; 3.04; 3.05	8
10	Culinary Ingredients: Sweeteners	3.01	4
11	Desserts & Baked Goods	3.02	22
12	Food Math & Measurements	3.02	9
13	Kitchen Equipment	3.03	9
14	Sanitation & Safety Procedures in Food Production	3.03; 3.05	9
15	It's Alive: Foodborne Illnesses	3.04	6
16	Food Quality & Palatability Factors	3.06	5
17	Emily Post, Who?	4.01; 4.02	7
18	Food Service Styles	4.02; 4.04	4
19	Eating with Emily Post	4.03; 4.04	2
20	Global Cuisine: Asia	4.04	7
21	Global Cuisine: Central America & Caribbean	4.04	5
22	Global Cuisine: Europe	4.04	7
23	Global Cuisine: Mediterranean	4.04	6
24	Global Cuisine: Middle East	4.04	6
25	Global Cuisine: South America	4.04	6
26	CTSOs: Enhancing the Student Experience	5.01; 5.04; 5.05	8
27	Teamwork & Collaboration	5.02; 5.03	8
28	Leadership & Team Dynamics	5.03	5

Florida Department of Education Student Performance Standards

Principles of Food

Course Number	8500390
Course Credit	.5
Course Description	This program offers a sequence of courses that provides coherent and rigorous content aligned with challenging academic standards and relevant technical knowledge and skills needed to prepare for further education and careers in the Hospitality & Tourism career cluster; provides technical skill proficiency, and includes competency-based applied learning that contributes to the academic knowledge, higher-order reasoning and problem-solving skills, work attitudes, general employability skills, technical skills, and occupation-specific skills, and knowledge of all aspects of the Hospitality & Tourism career cluster. The content includes but is not limited to preparing students to understand the principles of food, selection and storage, basic food preparation, and selection of food services.

CTE Standards and Benchmarks		Lesson Title	Location
1.0 Explain principles of food preparation. The student will be able to:			
1.01	Analyze the scientific basis for changes in food during preparation and cooking to include protein, starch, fiber, sugars, fats, vitamins and minerals.	Scientific Principles: Chemical Properties	All Slides; Activity- Food Chemical Formulas & Reactions, Activity- Reaction Rate Race, Activity- Water Project, Project- Fermentation of Root Beer
		Chemical Processes in Food Science	All Segments; Activity- Batter vs. Dough; Activity- Carmelization, Activity- Fermentation, Activity- Leavening, Activity- Retrogradation, Project- Starch Molecules
1.02	Identify the techniques for conserving nutrients during food preparation, cooking and storage.	Introduction to Culinary Techniques & Methods	Cooking Techniques and Storage Segments; Project- Storage Policy Pamphlet; Project- In the Kitchen Cookery Method Demonstration
		Fruits & Vegetables	Grading & Storage Segment; Student Handout- Holding Vegetables, Student Handout- Vegetable Cooking Guide, Activity- Storage Guidelines Chart, Project- In the Kitchen Fruit Preparation Techniques, Project- In the Kitchen Fruit Recipe Application, Project- In the Kitchen Vegetable Preparation Techniques, Project- In the Kitchen Vegetable Recipe Application
		Dairy Products, Breakfast Foods & Eggs	Milk, Cream & Butter, Receiving & Storing Milk, Storing Butter & Butter Substitutes, and Eggs Segments, Student Handout- Egg Storage

CTE Standards and Benchmarks		Lesson Title	Location
1.03	Analyze how ingredients affect food preparation, cooking, and product outcome.	Scientific Principles: Chemical Properties	All Slides; Activity- Food Chemical Formulas & Reactions, Activity- Reaction Rate Race, Activity- Water Project, Project- Fermentation of Root Beer
		Chemical Processes in Food Science	All Segments; Activity- Batter vs. Dough; Activity- Carmelization, Activity- Fermentation, Activity- Leavening, Activity- Retrogradation, Project- Starch Molecules
2.0 Explain principles of food selection and storage. The student will be able to:			
2.01	Identify quality characteristics, such as grades, size, freshness, and dating, used to select foods.	Fruits & Vegetables	Grading & Storage Segment
		Meat, Poultry & Seafood	Meat Grading, Poultry Introduction, and Seafood Introduction Segments
		Dairy Products, Breakfast Foods & Eggs	Milk, Cream & Butter and Eggs Segments
2.02	Compare costs, nutritional value, and characteristics of fresh, frozen, dehydrated, and canned foods.	Groceries 101	Slides 4-24, Project- Grocery Store Scavenger Hunt
		Hot Topics- Fast & Convenience Foods	Activity- Nutritional Value
2.03	Choose appropriate storage methods for foods.	The Science in Food Handling & Storage	Food Storage Segment, Project- Food Storage Guidelines
		Introduction to Culinary Techniques & Methods	Cooking Techniques and Storage Segments; Project- Storage Policy Pamphlet
		Fruits & Vegetables	Grading & Storage Segment; Student Handout- Holding Vegetables, Activity- Storage Guidelines Chart
		Dairy Products, Breakfast Foods & Eggs	Receiving & Storing Milk and Storing Butter & Butter Substitutes; Student Handout- Egg Storage
3.0 Demonstrate food preparation skills. The student will be able to:			
3.01	Interpret and use recipes, to include increasing and decreasing ingredients and using substitutions.	Introduction to Culinary Techniques & Methods	Activity- Reducing Fat & Calories
		Culinary Ingredients: Sweeteners	Slides 9, 19-21; Project- Healthier Baking
3.02	Demonstrate basic food preparation and cooking skills such as techniques of cutting, mixing, cooking and measuring.	Introduction to Culinary Techniques & Methods	All Segments; Activity- Is It Done Chart, Activity- Types of Cuts Flashcards, Project- In the Kitchen Cookery Method Demonstration, Project- In the Kitchen Practice Cutting Techniques
		Desserts & Baked Goods	All Segments; Student Handout- Mixing Methods, Project- In the Kitchen Yeast Bread, Project- In the Kitchen- Pies, Project- In the Kitchen Pate a Choux Dough
		Food Math & Measurements	Slides 58-87; Activity- Measure It
3.03	Select, use, care for and store food preparation equipment.	Kitchen Equipment	All Slides; Activity- Kitchen Contraption, Activity- Materials Blog Entry
		Sanitation & Safety Procedures in Food Production	Slides 21-56

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3.04	Explain the relationship between food borne illnesses and practices of food safety and sanitation.	It's Alive: Foodborne Illnesses	All Slides; Activity- Food Infection vs Food Intoxication, Activity- Food Safety Thermometer, Activity- Food Safety Violations, Activity- Foodborne Illnesses Anticipation Guide, Project- Bacteria Investigation, Project- Foodborne Illness Poster
		The Science in Food Handling & Storage	All Segments; Activity- Is Your Cutting Board Clean, Project- Food Safety Awareness
3.05	Clean, sanitize and maintain food preparation areas.	Sanitation & Safety Procedures in Food Production	Slides 21-56
		The Science in Food Handling & Storage	Pathogenic Bacteria, Food Poisoning & Prevention Segment; Activity- Is Your Cutting Board Clean
3.06	Assess the quality of the prepared food.	Food Quality & Palatability Factors	All Slides; Activity- Sensory Influences, Project Quality Assurance
4.0 Choose appropriate food service for various occasions. The student will be able to:			
4.01	Analyze the importance of etiquette and manners.	Emily Post, Who?	All Segments; Activity- Etiquette Now & Then, Project- Etiquette in a New Era, Project- Personal Etiquette
4.02	Demonstrate etiquette and manners related to food service for various occasions.	Food Service Styles	All Slides; Activity- Table Setting, Project- Food Service Style Presentation
		Emily Post, Who?	Formal Dining Etiquette and Informal Dining Etiquette Segments; Activity- Business Dining Checklist, Project- Formal Dining Booklet
4.03	Plan appropriate table settings and service.	Eating with Emily Post	All Slides; Activity- Table Setting, Project- Etiquette Across Cultures
4.04	Plan, prepare, and serve creative cuisine such as ethnic, regional, and foods for special occasions.	Food Service Styles	All Slides; Activity- Table Setting, Project- Food Service Style Presentation
		Eating with Emily Post	All Slides; Project- Etiquette Across Cultures
		Global Cuisine: Asia	All Slides; Project- Signature Dish; Project- Special Occasion
		Global Cuisine: Central America & Caribbean	All Slides; Project- Signature Dish; Project- Special Occasion
		Global Cuisine: Europe	All Slides; Project- Signature Dish; Project- Special Occasion
		Global Cuisine: Mediterranean	All Slides; Project- Signature Dish; Project- Special Occasion
		Global Cuisine: Middle East	All Slides; Project- Signature Dish; Project- Special Occasion
		Global Cuisine: South America	All Slides; Project- Signature Dish; Project- Special Occasion

CTE Standards and Benchmarks		Lesson Title	Location
4.05	Assess the implementation of a meal management plan for meal preparation and service.	Groceries 101	Meal Planning Basics Segment; Project- Meal Planning Notebook
5.0 Demonstrate leadership skills in the family, workplace, and community. The student will be able to:			
5.01	Identify purposes, roles and responsibilities of members of professional and youth organizations including Career and Technical student organizations.	CTSOs: Enhancing the Student Experience	All Slides; Activity- Describe the Benefits, Project- Information Brochure
5.02	Work cooperatively as a group member to demonstrate leadership in achieving organizational goals.	Teamwork & Collaboration	All Slides; Activity- Team Roles, Project- Work-Related Problem Solving
5.03	Demonstrate leadership roles and organizational responsibilities.	Teamwork & Collaboration	All Slides; Activity- Team Roles, Project- Work-Related Problem Solving
		Leadership & Team Dynamics	All Slides; Project- Leadership in Action
5.04	Identify and utilize the FCCLA planning process.	CTSOs: Enhancing the Student Experience	Student Handout- FCCLA
5.05	Discuss the establishment and history of the FCCLA organization.	CTSOs: Enhancing the Student Experience	Student Handout- FCCLA