

12.0500 - Cooking and Related Culinary Arts (2013)
SEGMENT ELEVEN (11) Sustainability & Nutrition
Technical - ServSafe

Technical - ProStart

- I
 - ProStart Level 1
 - E
 - 18 Describe a healthy diet.
 - 19 Use the Dietary Guidelines for Americans and MyPyramid to plan meals.
 - 20 Interpret information on a nutrition label.
 - 21 Define obesity and explain how it can be prevented.
 - I
 - Fruits and Vegetables
 - 5 Explain how to prevent enzymatic browning of fruit.
 - 8 Describe hydroponic farming.
- II
 - ProStart Level 2
 - B
 - Nutrition
 - 1 Explain why nutrition is important to the foodservice industry.
 - 2 List the six basic types of nutrients found in food.
 - 3 Describe how phytochemicals and fiber function in the body.
 - 4 Name the types of carbohydrates and fats and describe their function in the body.
 - 5 Identify food sources of carbohydrates and fats.
 - 6 Describe cholesterol and identify its food sources.
 - 7 Describe the makeup of proteins and their function in the body.
 - 8 Identify food sources of proteins.
 - 9 Describe the three major vegetarian diets.
 - 10 List the functions of vitamins, minerals, and water in the body.
 - 11 Identify food sources of vitamins, minerals, and water.
 - 12 Explain what food additives are and how they function in food.
 - 13 Explain the role of digestion in nutrition and health.
 - 14 List and describe techniques for food preparation that preserve nutrients.
 - 15 Suggest ways to make menus and recipes more healthful.
 - 16 Suggest healthful substitutes for high-fat items.
 - 17 List and define recent developments in food production that may affect nutrition.
 - I
 - Sustainability in the Restaurant and Foodservice Industry
 - 1 Define the terms sustainability and conservation.
 - 2 Explain why water conservation is important.
 - 3 List ways in which a restaurant or foodservice operation can improve the efficiency of its water usage.
 - 4 Explain the differences between renewable and nonrenewable energy sources.
 - 5 Explain why using energy efficiently is important.
 - 6 List ways in which a restaurant or foodservice operation can improve the efficiency of its energy usage.
 - 7 List ways in which a restaurant or foodservice operation can build or make structural improvements to its facility in a sustainable way.
 - 8 Identify ways to reduce the total amount of waste in a restaurant or foodservice operation.
 - 9 List items that a restaurant or foodservice operation can reuse.

- 10 List items that a restaurant or foodservice operation can recycle.
- 11 Define the term local sourcing.
- 12 Identify the steps a restaurant or foodservice operation should take to purchase and then promote the use of sustainable food products.
- 13 Identify the issues surrounding the global production of seafood, coffee, animals, and organic food.

Pathway

- I Restaurants and Food/Beverage Services
 - F Research costs, pricing, market demands and marketing strategies to manage profitability in food and beverage service facilities.
 - 4 Discuss sustainable practices and how it impacts profitability and customer demands (i.e. locally grown products, organics, recycled or recyclable products).
 - H Utilize technical resources for food services and beverage operations to update or enhance present practice.
 - 3 Prepare nutritional, quality foods utilizing basic food knowledge.

Cluster

Career Ready Practices