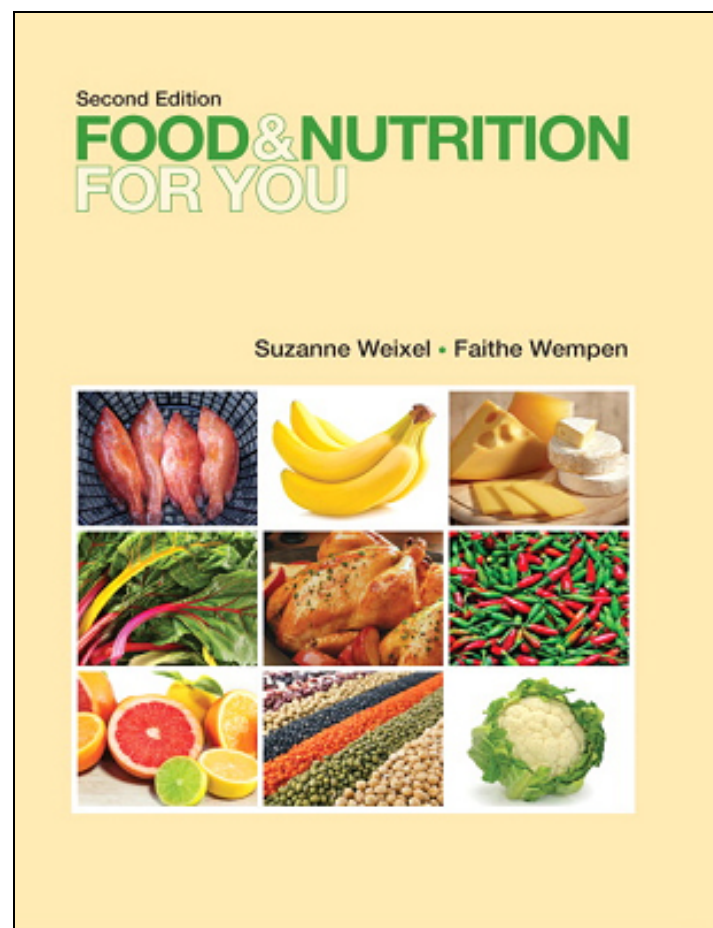


A Correlation of
Food & Nutrition for You
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To the
National Standards for
Family and Consumer Sciences Education

A Correlation of Food & Nutrition for You ©2017
North Carolina Standards for FN41 Food and Nutrition I

North Carolina Standards for FN41 Food and Nutrition I	Food & Nutrition for You ©2017
1 Understand the relationship between food choices and health.	
1.01 Remember influences on food choices.	SE/TE: 25-28
1.02 Understand guidelines for healthy eating.	SE/TE: 29-30, 33-35, 36, 37-38, 39-41
2 Understand fundamentals of food preparation.	
2.01 Understand kitchen safety.	SE/TE: 189, 193, 199, 201, 208-209, 210-212, 213, 214
2.02 Understand safe food handling procedures.	SE/TE: 169-171, 173-175, 176-177, 178, 179-180
2.03 Remember equipment and procedures for its use and care.	SE/TE: 188, 190, 191, 192, 193, 197-198, 199-200, 201, 206-207
2.04 Remember measuring, cutting/preparation, mixing, and cooking/cleaning terms.	SE/TE: 142-143, 150, 151, 152-155, 156-157, 172
2.05 Remember recipe parts, sources, and adjustments.	SE/TE: 139, 142-143, 144-145, 146-147, 148-149
2.06 Understand processes and benefits of a work plan and teamwork for preparing healthy foods.	SE/TE: 141, 508, 509
3 Understand procedures, nutrition, and cooking methods in food preparation.	
3.01 Understand procedures, nutrition, and cooking methods in fruit and vegetable preparation.	This objective is addressed throughout the text. See, for example: SE/TE: 378, 382, 385-386, 388, 401, 403, 405, 406, 408, 409
3.02 Understand procedures, nutrition, and cooking methods in dairy preparation.	SE/TE: 354, 357, 359, 361, 362-364, 365, 366
3.03 Understand procedures, nutrition, and cooking methods in grain preparation.	SE/TE: 247, 248, 255

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3.04 Understand procedures, nutrition, and cooking methods in protein preparation.	This objective is addressed throughout the text. See, for example: SE/TE: 266, 268-269, 270, 283, 284-286, 288, 301, 302, 304, 306
4 Understand procedures, equipment, and techniques applied to baking production.	
4.01 Understand procedures to prepare quick bread products.	SE/TE: 440, 442, 443, 448, 452, 453
4.02 Understand procedures to prepare yeast bread products.	SE/TE: 437-438, 441, 450, 451
4.03 Understand procedures to prepare cakes and frostings. (SUPPLEMENTAL)	SE/TE: 460, 462, 463, 464, 465-466, 467, 476, 477
5 Understand the principles of etiquette for meal service.	
5.01 Understand the principles of basic table setting and meal service.	SE/TE: 231, 226-227, 228
5.02 Understand the principles of table manners.	SE/TE: 232-234, 238
6 Apply methods for meal planning and preparation.	
6.01 Understand strategies in meal planning.	SE/TE: 60, 61-62, 63, 64-67, 68, 69, 75
6.02 Understand strategies for purchasing food.	SE/TE: 68, 69, 70, 71, 72
6.03 Apply methods to prepare healthy meals.	SE/TE: 37-38, 39, 51, 63, 146, 147, 159, 160

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