



## Introduction to Food Concepts

Career Cluster	Hospitality and Tourism
Course Code	16052
Prerequisite(s)	N/A
Credit	0.5
Program of Study and Sequence	Foundational Course – <b>Introduction to Food Concepts</b> – Pathway Course – Capstone Experience
Student Organization	Family, Career and Community Leaders of America (FCCLA)
Coordinating Work-Based Learning	Workplace Tours, Mentoring
Industry Certifications	N/A
Dual Credit or Dual Enrollment	See: <a href="https://sdmylife.com/images/Approved-CTE-Dual-Credit.pdf">https://sdmylife.com/images/Approved-CTE-Dual-Credit.pdf</a>
Teacher Certification	Family and Consumer Sciences (FACS); FACS Education; Hospitality and Tourism Pathway Endorsement
Resources	Guide to Good Food; USDA MyPlate; <a href="http://www.igrow.org">www.igrow.org</a> (SDSU Extension: 4-H Foods and Nutrition Resources)

### Course Description

Introduction to Food Concepts will explore safe and effective basic food preparation. Students apply food selection and preparation guidelines.

### Program of Study Application

Introduction to Food Concepts is a cluster course in the Hospitality and Tourism career cluster; Restaurant and Food/Beverage Service pathway.

## Course Standards

### IFP 1: Students will demonstrate food safety and sanitation procedures.

<i>Webb Level</i>	<i>Sub-indicator</i>
Two Skill/Concept	IFP 1.1 Apply established safety rules and guidelines to maintain a safe working environment.
One Recall	IFP 1.2 Identify proper first-aid procedures for cuts, burns, and electrical shock.
One Recall	IFP 1.3 Identify health and hygiene best practices for food handling, e.g. handwashing; grooming and hygiene.
One Recall	IFP 1.4 Apply sanitation rules and regulations.
One Recall	IFP 1.5 Identify methods that prevent food-borne illnesses and contamination.

### IFP 2: Students will apply skills related to kitchen equipment and management.

<i>Webb Level</i>	<i>Sub-indicator</i>
One Recall	IFP 2.1 Identify types, use and care of kitchen equipment.
One Recall	IFP 2.2 Identify food measurement terminology and abbreviations.
Two Skill/Concept	IFP 2.3 Demonstrate proper measuring techniques.
Two Skill/Concept	IFP 2.4 Apply mathematic concept through equivalents, recipe adjustments and conversions.
One Recall	IFP 2.5 Identify basic food preparation terminology.
Two Skill/Concept	IFP 2.6 Practice management skills, e.g. shopping lists, table settings, time management, budgeting, nutritional needs.

### IFP 3: Students will apply food selection and preparation guidelines while preparing foods.

<i>Webb Level</i>	<i>Sub-indicator</i>
One Recall	IFP 3.1 Identify components of selecting food products.
Two Skill/Concept	IFP 3.2 Demonstrate preparation methods for basic food products, e.g. quick breads, yeast breads, eggs, fruit smoothies, soups, salads, open-faced sandwiches.

### IFP 4: Students will identify career pathways within the food service industry.

<i>Webb Level</i>	<i>Sub-indicator</i>
One Recall	IFP 4.1 Recognize employment opportunities within the food service industry.
One Recall	IFP 4.2 Explore education and training opportunities in the food service industry.