

Foods & Nutrition 1

Lap Books

Copies of all lap books are available at my.uen.org/myuen/255371 click on the presentation tab. These were created using the Foods 1 Standards and Objectives from the Utah State Office of Education. These can be found at uen.org/cte/facs_cabinet click on the Foods & Nutrition Drawer.

 <p>Standard 1 Lap Book content includes: First Aid & Kitchen Safety, Cooking Temperatures, Sanitation Rules, Stove and Oven Safety, Food-Borne Illness and Contamination, 5 reasons to wash hands, Kitchen Vocabulary, and Microwave Basics.</p>	 <p>Standard 2 Lap Book content includes: Knife Safety, Rules of the Kitchen, Adjust the Recipe, Measuring Spoons, Measuring Cups, Liquid Measuring Cup, Can you name all of this cooking equipment?, and Microwave Basics.</p>
<p>Standard 1</p>	<p>Standard 2</p>
 <p>Standard 3 Lap Book content includes: Whole Grain Flour vs White or Wheat Flour, FIBER, QUICK BREAD, All About Rice, All About Pasta, Types of Rice, Cooking Rice, Storage & Cook, and Cooking Pasta.</p>	 <p>Standard 4 Lap Book content includes: Protein Sources Functions, Types of Fat, Functions of Lipids, Cholesterol, Lipid Facts, Milk and Milk Products, Adjust Milk-Clary, Cooking Milk, Milk Grades, and Functions of Lipids.</p>
<p>Standard 3</p>	<p>Standard 4</p>
 <p>Standard 5 Lap Book content includes: Buying Fruits and Veggies, Preparing and Cooking Fruits and Veggies, Preparation Methods, Tips for Cooking, Oxidation, Farm to Table, Food Safety, WATER, Minerals, Macro - Calcium, Iron, B12, and Water Soluble Vitamins.</p>	 <p>Standard 6 Lap Book content includes: Healthy Eating Patterns, Dietary Guidelines, Balance Calories, All Food Groups are Important, Food to Increase & Reduce, and a circular diagram showing food groups.</p>
<p>Standard 5</p>	<p>Standard 6</p>