

Foods 2 - I Can Statements

1. Strand 1.1

- a. I can identify safety and sanitation rules and the guidelines necessary to maintain a safe working environment.

2. Strand 1.2

- a. I can calibrate a thermometer.
- b. I can identify the six required knife cuts: batonnet, julienne, brunoise, dice, chiffonade and diagonal
- c. I can demonstrate the six required knife cuts: batonnet, julienne, brunoise, dice, chiffonade and diagonal.
- d. I can identify and demonstrate dry and moist heat cooking methods.

3. Strand 2.2

- a. I can identify the different diet related health concerns (diabetes, heart disease, colon cancer, anemia, osteoporosis and obesity) and their relationship to diet and nutrition.

4. Strand 7.2

- a. I can identify the five mother sauces (béchamel, tomato, hollandaise, Espagnole and Velouté) and how they are made.