

Food and Nutrition I

Test Number: 340

CTE Skill Certificate Test Performance Documentation

This document must be submitted to the test coordinator at the end of testing each trimester/semester.

Instructor's Name: _____

Course: Food and Nutrition I

School: _____

Test Number: 340

Students in course: _____

Date: _____

Students tested: _____

Students who passed performance objectives at or above 80%: _____

This is to *verify* that the students marked **YES** on performance accomplished the following performance objectives at or above the 80% (moderately to highly skilled) level.

1. Complete FCCLA Step One. http://www.uen.org/cte/facs_cabinet/facs_cabinet10.shtml
2. Consistently demonstrate preventative practices related to kitchen safety and sanitation procedures. (Standard 1)
3. Students will complete food and kitchen safety training comparable to that required for the ServSafe Food Handlers Certificate with the option to acquire a Food Handlers Permit from your county Health Department through the Utah Restaurant Association. (Standard 1)
4. Consistently demonstrate proper measuring and preparation techniques while preparing a recipe. (Standard 2)
5. Actively participate in the preparation of a complex carbohydrate food from scratch. Compare the nutritional content and cost of a comparable convenience food vs. the complex carbohydrate food from scratch. (Standard 3)
6. Actively participate in the preparation of a complete and/or complimentary protein food from scratch. Compare the nutritional content and cost of a comparable convenience food vs. the complete and/or complimentary food from scratch. (Standard 4)
7. Actively participate in the preparation of a low-fat food. Compare the nutritional content and cost of a comparable high-fat food vs. the low-fat food. (Standard 4)
8. Actively participate in the preparation of a canned/frozen and/or fresh produce food. Compare the nutritional content and cost of a comparable canned/frozen vs. fresh produce food. (Standard 5)
9. Evaluate and analyze a personal dietary intake for one or more days according to the Dietary Guidelines and MyPlate. (Standard 6)

Each performance is documented and kept on file by the teacher for two years.

(Check the documentation method used)

- Class period summary score sheet
- Recorded and identified in the class grade book

Instructor's Signature: _____ Date: _____

For last updated 5-2015