

## **PATHWAYS TO CULINARY SUCCESS**

1. Know how to practice good personal hygiene including proper handwashing procedures and cleaning and sanitizing of equipment (page 25)
2. Know how to cook foods adequately (pages 24, 26, 36)
3. Know how to prevent cross contamination on equipment and work surfaces (page 25)
4. Know how to keep foods at safe temperatures including refrigerator, freezer and pantry storage and the temperature danger zone (pages 17,18, 25, 26, 36)
5. Be able to explain the nutritional label found on packages
6. Understand the meat charts and reading a meat label (pages 16-34)
7. Demonstrate how to calculate the cost of food (page 32)
8. Know the benefits of daily physical activity and the relationship between calories and physical activity (page 10, 11)
9. Know the five basic food groups and the recommended servings in each food group (pages 7-8)
10. Know what is considered a serving for each food (pages 8-9)
11. Know the key nutrients associated with each food group ( pages 8-9)
12. Be able to identify the food item that is the better nutritional choice (5-7)
13. Become familiar with cooking methods used in food preparation
14. Know cooking methods that preserve healthy features of food (page 38)
15. Know how to measure ingredients (page 60)
16. Know how to mix ingredients and techniques used to cut ingredients (pages 14, 22-23, 44-45, 61, 62, 63, 64)
17. Know how to set the table (pages 67-68)
18. Know types of table service (pages 68-71)
19. Know how to plan to meal/menu (pages 12, 44-45)