

2010 Food & Nutrition Project Skills

Level	Project	Skill #1	Skill # 2
Advanced	Pathways to Culinary Success	Able to create food garnishes (p. 46-47)	Napkin Folding (p. 73-75)
	You're the Chef	Vegetarian diet knowledge quiz (p.51)	How to peel tomato (p. 24)
	Yeast Breads	Nutrient Quiz (p. 15)	Know how to Knead bread (p.19)
	The Global Gourmet	Label Reading (p.52)	Able to match food item to Country associated with it.
Intermediate	Let's Bake Quick Breads	Identify Parts of the Wheat Germ (p.11)	Able to measure ingredients
	Star Spangled Foods	Be able to demonstrate how to prepare green beans (p.27)	Able to measure ingredients
	Food and Fitness Choices for You	Cooking safety quiz (p.34)	Know how to use an electric mixer (p.33)
	Outdoor Chef	Demonstrate how to prepare food for cooking over coals (p.37)	Be able to calculate cost per serving (p.30)
	Awesome Meals	Label Reading	Able to measure ingredients
Beginner	Snack Attack	Label Reading	Able to measure ingredients
	I Spy in the Kitchen	Demonstrate how to prepare vegetables (p.27)	Able to measure ingredients
	Fast Break for Breakfast	Serving size matching sheet (p.8)	Able to measure ingredients
	Sports Nutrition 1: On Your Mark	Label Reading	Knife handling; cutting fruit (p. 33-34)
	Food & Fitness for Fun	Measuring Dry & Liquid Ingredients	Unit Pricing (p. 39)
Beginner Menu Activity	Able to compare 4 different meals and answer questions		
Intermediate Menu Activity	Be able to read and compare labels to answer questions		
Advanced Menu Activity	Compare 4 different menus and answer questions		