

Student Name _____

High School or Vocational Center _____

COMPETENCY RECORD FOR ARTICULATION

Baker College

Please check below each skill the student has mastered with a minimum of 80 percent accuracy or with an A or B grade.

CUL 141: NUTRITION

Task	Satisfactory	Unsatisfactory
1. Define nutrition		
2. List 6 classes of nutrients and describe basic functions of each.		
3. Understand basic functions of the human body as it applies to digestion, absorption and metabolism.		
4. Describe the basic dietary recommendations using the food pyramid guide.		
5. Develop a heart healthy menu and recipes based on food pyramid guide.		
6. Identify healthy cooking methods and cooking techniques used in today's modern kitchen.		
7. Describe how nutrition affects health as it pertains to cardiovascular disease, cancer and diabetes.		
8. Describe the proper menu planning for weight loss and maintenance.		
9. Analyze and control the nutrient content of a recipe.		
10. Understand the FDA guidelines for nutritional and health claims.		
11. Understand which cooking techniques promote a healthy diet.		
12. Understand the importance of training both dining room and kitchen staff in communicating		

Task	Satisfactory	Unsatisfactory
with the customer in relation to healthy cuisine.		

Teacher signature _____ Date _____