**Nutrition and Wellness**

**Unit 1 Objectives: Food Safety and Sanitation**

***Objective 1:***

Identify, evaluate, and justify which food safety standards and regulations are needed in particular situations.

***Objective 2:***

Identify kitchen accidents/hazards and ways to prevent them by creating a kitchen safety plan of action to prevent kitchen accidents/hazards.

***Objective 3:***

Define and describe food borne illnesses and analyze scenarios for possible food borne illness warnings.

***Objective 4:***

Define and explain the principles of food storage and handling, cleanliness, and temperature control that can reduce the risk of foodborne illness and justify methods used for principles of food storage and handling, cleanliness, and temperature control that can reduce the risk of foodborne illness.

***Objective 5:***

Conduct a short research project on a FBI and answer a self-generated question related to food-borne illnesses being able to synthesize multiple sources on the subject in order to demonstrate understanding of the subject under investigation.

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