

# CRITERIA

## CONTENT

Student's successfully completing the Nutrition competencies listed below in any of Iowa's Secondary Districts may seek advanced standing in Iowa' Community Colleges Hospitality/Culinary Arts programs.

## COMPETENCIES

- Summarize the characteristics, functions and best sources of carbohydrates.
- Summarize the characteristics, functions and best sources of proteins.
- Summarize the characteristics, functions and best sources of fat.
- Summarize the characteristics, functions and best sources of vitamins, minerals, and water.
- Describe the process of digestion and absorption.
- Consider factors that influence food selections for a variety of health conditions i.e. food allergies.
- Read and interpret nutrition and other information on food labels.
- Explain the USDA Food Guide Pyramid and food exchange system.
- Evaluate menus based on the current USDA Dietary Guidelines.
- Use the USDA Food Guide Pyramid in planning and evaluating recipes and menus.
- Calculate energy needs upon basal metabolic rate exercise expenditures.
- Discuss and demonstrate food preparation techniques and storage principles for maximum retention of nutrients.

## PERFORMANCE LEVEL

A performance level of **80% is recommended.**

## TIMELINE TO ARTICULATE

Enrollment in an applicable postsecondary program must occur **within one academic year** of graduation from high school.

## SECONDARY PROCEDURE

The secondary comprehensive occupational or Family and Consumer Sciences instructors shall complete and sign the certificate as well as obtain the principal's signature.

## POSTSECONDARY PROCEDURE

The student must submit the certificate to the postsecondary program department or an enrollment officer during the admission process.

## TRANSCRIPT RECORDING

Time of certificate recording on transcript will depend on the established policy of the receiving institution.

## BACCALAUREATE IMPLICATIONS

Transferability of these competencies to a four-year degree will be determined by the receiving institution.