



The FACS assessments are designed to test students' knowledge of Family and Consumer Science Content area. Students will be graded and receive a certificate based on test results. To prepare for the assessment, administered at State Conference, students should have an understanding on the following concepts.

Foods and Nutrition 1

- Strand 1
- Kitchen Safety procedures and sanitation techniques
 - Safe practices for electrical appliances
 - How to extinguish a grease fire
 - How to store chemicals
 - Explain prevention of: burns, cuts, fires, falls, electrical safety, and lifting techniques.
 - First-aid procedures for cuts, burns and electrical shock.
 - Health and hygiene requirements for food safety
 - Proper hand wash/ double hand wash
 - Personal hygiene practices
 - Clothing and hair restraints
 - Sanitation rules and guidelines
 - Dishwashing techniques
 - Discuss cleaning and sanitizing work surfaces
 - How to use cleaning chemicals
 - Serving ready to eat foods
 - Storing dishes and utensils
 - How to handle trash
 - Preventing Food Born Illnesses
 - Characteristics of a food born illness
 - Symptoms and sources of contamination
 - High risk groups
 - Preventing spreading though open cuts or wounds
 - Cross contamination
 - Proper cooking temperatures
 - Correctly thawing foods
 - TCS foods
- Strand 2
- Identify types, uses and care for kitchen equipment
 - Types
 - Appropriate uses
 - Proper Care and cleaning
 - Safety practices
 - Basic principles of cooking in a microwave
 - Measuring ingredients
 - Abbreviations
 - Measuring techniques

- Measuring Tools
- Conversions and equivalents
- Food preparation terminology
- Carbohydrates
 - Simple, complex, and fiber
 - Primary function
 - Food sources
 - Parts of wheat kernel
 - Digestion of Carbohydrates
- Fiber
 - Other names
 - Role fiber plays in digestion
 - National Recommendations
 - Foods high in fiber
- Preparation guidelines for carbohydrates
 - Quick breads
 - Rice (All types)
 - Pasta (fresh vs dry)
 - Mixing techniques for quick breads
 - Role of ingredients
- Proteins
 - Function
 - Break down of proteins
 - Types
 - Food Sources
- Eggs
 - Function of eggs
 - Cooking temperatures and techniques
- Dairy products
 - Serving sizes
 - Cooking with milk
 - Pasteurization vs raw milk
 - Lowering fat content when cooking with milk and dairy products
- Lipids
 - Functions of fats
 - Role of cholesterol
 - Differences between types of fats
 - Caloric content and lowering when cooking
- Non-energy producing nutrients
 - Water /fat soluble vitamins
 - Functions
 - Food sources
 - Deficiencies
 - Trace/Mirco and Macro Minerals

Strand 3

Strand 4

Strand 5

- Functions
 - Food Sources
 - Deficiencies
 - Water
 - Function
 - Why important
 - Symptoms of dehydration
 - Related to athletic events
 - Fruits and vegetables
 - Nutrients provided
 - Preserving Nutrients
 - Preventing oxidation
 - Preparation techniques
 - Selection guidelines
 - Farm to table process
- Strand 6
- Myplate and Dietary Guidelines
 - Food sources
 - Daily Servings
 - My plate tips
 - Healthy eating patterns

Foods and Nutrition 2

- Strand 1
- Food borne illness
 - Symptoms
 - Common sources
 - Prevention of spreading food borne illness
 - Personal hygiene
 - Handwashing
 - Uniform and hair restraints
 - Storage of food
 - Food preparation and cooking temperatures
 - Maintain safe work environment
 - Preventing cuts, slips, fall, fires, and burns
 - Basic first aid for cuts and burns
 - Food Preparation principles
 - Terms
 - Measuring
 - Use and care for equipment
 - Calibrating a thermometer
 - Knives
 - Precision Knife Cuts
 - Aspects of Mise en place planning
 - Dry, moist, and combination cooking methods
- Strand 2
- Changing nutritional needs across a life span

- Children
 - Adolescence
 - Adults
 - Older Adults
 - Athletic nutritional needs related to training, pre-event, and during event exercise
 - Hydration
 - Health Concerns related to diet
 - Diabetes
 - Heart Disease
 - Anemia
 - Colon Cancer
 - Osteoporosis
 - Obesity
- Strand 3
- Components of a food label
 - Controlling cost when meal planning
 - Apply shopping strategies
 - Unit cost
 - Use of convenience foods
 - Elements of plating
 - Elements of Meal Service
 - Place setting
 - etiquette
- Strand 4
- Yeast breads
 - Types of yeast dough
 - Types of flour
 - Steps of yeast bread production
 - Nutrients found in bread
- Strand 5
- - Types of meat
 - Pork, beef, veal, lamb, and poultry
 - Inspecting and grading meat and poultry
 - Preparation techniques
 - Tough vs tender
 - Cooking temperatures
- Strand 6
- Preparing greens
 - Salads can be served
 - Tossed, arranged, layered, bound
 - Preparing a salad dressing
 - Mayonnaise vs vinaigrette examples
 - Ratios
- Strand 7
- Soups
 - Clear vs Thick
 - Mirepoix

Strand 8

- Stock
 - Storage of soups
- Five mother sauces
 - Thickener, liquid, and color for each
 - Roux
- Types of pie
 - Single
 - Double
 - Tarts
- Function of ingredients
- Storage of pies