

- PS 1 Students will consistently demonstrate kitchen safety procedures and sanitation techniques. ([Strand 1](#))
- PS 2 Students will apply established safety rules and guidelines to maintain a safe working environment. ([Strand 1, Standard 1](#))
- PS 3 Students will identify proper first-aid procedures for cuts, burns, and electrical shock. ([Strand 1, Standard 2](#))
- PS 4 Students will identify health and hygiene requirements for food handling. ([Strand 1, Standard 3](#))
- PS 5 Students will discuss cleaning and sanitizing of work surfaces, in order to ([Strand 2, Standard 4b](#)):
- Keep all work surfaces clean.
 - Disinfect work surfaces to prevent cross-contamination.
 - When tasting foods, always use a clean spoon and use only once.
 - To reduce pest/insects, avoid crumbs or spills, keep staples in airtight containers and dispose of garbage properly.
- PS 6 Students will discuss cleaning chemicals and how to use them safely on food contact surfaces. ([Strand 2, Standard 4c](#))
- PS 7 Students will identify methods of preventing food-borne illnesses and contamination. ([Strand 2, Standard 5](#))
- PS 8 Students will demonstrate basic knife skills, including safety and proper handling. ([Strand 2, Standard 2b](#))
- PS 9 Students will identify measuring techniques and tools, in order to ([Strand 3, Standard 2d](#))
- Use dry measuring cups for dry ingredients and level with a straight edge spatula.
 - Use liquid measuring cups for liquid ingredients. Measure at eye level on a flat, level surface.
- PS 10 Students will integrate mathematical concepts through equivalents, recipe adjustments and conversions. ([Strand 3, Standard 3](#))
- PS 11 Students will identify the sources and functions of carbohydrates and fiber and apply appropriate food preparation techniques. ([Strand 3, Standard 1](#))

- PS 12 Students will actively participate in the preparation of a complex carbohydrate food from scratch, and compare the nutritional content and cost of a comparable convenience food vs. the complex carbohydrate food from scratch. ([Strand 3, Standard 5](#))
- PS 13 Students will identify the sources and functions of select vitamins, minerals and water and apply appropriate food preparation techniques to foods high in these nutrients. ([Strand 5](#))