

## Home Living / Daily Living Nutrition Skills Inventory

Skill	Rating						
	Emerging		Developing			Mastery	
	1	2	3	4	5	6	7
Identifies 6 food groups in the food pyramid							
Labels food groups in the food pyramid							
Reads a recipe							
Identifies caffeine foods							
Reads a food label							
Defines vitamins							
Defines minerals							
Makes a grocery list							
Inventories food in a cupboard							
Identifies healthy foods							
Identifies unhealthy foods							
Plans a nutritious meal							
Defines calories							
Identifies nutritional value of different types of foods							
Identifies various cooking methods							
Reads a weight chart							
Counts calories of various foods							
Identifies fresh foods							
Identifies spoiled foods							
Identifies unsafe non-edible foods							
Calculates ideal weight							
Creates a healthy menu							
Makes a cup of coffee							
Compares a variety of menus							

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Skill	Rating						
	Emerging		Developing			Mastery	
	1	2	3	4	5	6	7
Identifies snack foods							
Creates a daily menu							
Determines the nutritional value of a recipe							
Places foods into categories in the food pyramid							
Identifies favorite foods							
Keeps a food log							
Tastes three new healthy foods							
Compares fast food menus to restaurant menus							