Functiona l Performance Objectives for Academic Standards

Within the functional context of home, school, work and community environments, students know and are able to do the following:

Health Promotion
Students comprehend concepts related to health promotion and disease prevention.

• Use safe and healthy eating and drinking habits.
  PO1. communicate need for food and drink (e.g., say more, sign ‘more’, open mouth, gaze at picture, relax stomach muscles to accept food through non-oral means)
  PO2. discriminate between food vs. nonfood items
  PO3. indicate preference for foods
  PO4. remove solid/textured food from spoon when being fed (e.g., coordinate manipulation of food, breathing and swallowing)
  PO5. eat finger foods
  PO6. select bite size pieces (e.g., chew food sufficiently before swallowing)
  PO7. use eating utensils and napkin appropriately
  PO8. drink from a variety of containers (e.g., cup, glass, straw, sports bottle, can or water fountain)
  PO9. serve self at table (e.g., at home or cafeteria; carry tray without spilling, open lunch bag/box)
  PO10. consume food and drink from a known source and/or that has been prepared/refrigerated properly (e.g., drink from own glass, not others)

Goal Setting and Decision-Making Skills
Students demonstrate the ability to use goal setting and decision-making skills to enhance health.

• Achieve and maintain appropriate body weight.
  PO 1. identify/categorize foods into basic food groups
  PO 2. select healthy foods
  PO 3. develop menus of balanced meals using the basic food groups
  PO 4. use portion control
  PO 5. exercise regularly
• Purchase food items, prepare simple recipes, use correct utensils appropriately and handle food properly.

  PO 1. plan menu and shopping list using grocery ads (e.g., consistent with culture)
  PO 2. shop for groceries within a given budget
  PO 3. prepare simple foods using written or picture directions (e.g., use microwave properly)
  PO 4. handle foods properly (e.g., put away perishable/nonperishable goods in appropriate storage areas, store food leftovers)
  PO 5. use kitchen appliances and utensils appropriately