



California Subject Examinations for Teachers®

TEST GUIDE

HOME ECONOMICS SUBTEST II

Subtest Description

This document contains the Home Economics subject matter requirements arranged according to the domains covered by Subtest II of CSET: Home Economics. In parentheses after each named domain is the domain code from the Home Economics subject matter requirements.

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California Subject Examinations for Teachers (CSET®)

**Home Economics
Subtest II: Nutrition, Foods, and Hospitality**

**Part I: Content Domains for Subject Matter Understanding and Skill in
Home Economics**

NUTRITION, FOODS, AND HOSPITALITY (SMR Domain 2)

Candidates demonstrate an understanding of food science, nutritional science, food preparation, and hospitality. Candidates understand the scope of food and nutritional science, including physiological and biochemical processes involved in the preparation and consumption of food and nutrients. They understand the components of and the various factors that affect health and well-being and have knowledge about various illnesses and diseases related to food and nutrition. They are knowledgeable about current research and new technologies in nutrition and food industries. They also understand procedures and techniques related to food preparation and meal management. Candidates have knowledge of various kitchen designs, equipment, appliances, safety and sanitation standards, and emergency procedures. They are also familiar with knowledge and skills transferable to a variety of careers related to food, nutrition, and hospitality industries.

0001 Food and Nutritional Science (SMR 2.1)

- a. Demonstrate knowledge of the principles of food and nutritional science, such as the chemical and physical reactions that occur in food; characteristics and functions of nutrients; the digestion, absorption, and metabolism of nutrients; and the factors that affect the nutritional value of foods and beverages.
- b. Demonstrate an understanding of the components of a balanced diet, including current government-approved dietary guidelines; dietary needs throughout the life cycle; and the relationship between nutrition and health.
- c. Apply terminology used in food and nutritional science to interpret label information and evaluate current dietary programs.
- d. Demonstrate an understanding of current research and its impact on new technologies relating to the quality, safety, availability, and affordability of food and to the environment.
- e. Demonstrate knowledge of food-related diseases and disorders of the diet.
- f. Analyze cultural, environmental, and socioeconomic factors that affect diet, nutrition, and health.

HOME ECONOMICS
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0002 Food Preparation and Hospitality (SMR 2.2)

- a. Demonstrate knowledge of the principles of food safety and sanitation, including food-borne illnesses, their causes, and prevention.
- b. Demonstrate an understanding of efficient kitchen designs and layouts.
- c. Demonstrate an understanding of how to select, care for, and safely use food preparation equipment.
- d. Identify kitchen safety hazards, safety precautions, and emergency procedures.
- e. Demonstrate knowledge about food safety regulations and inspections, as well as the role of state and federal agencies (e.g., California Department of Health Services, U.S. Food and Drug Administration, U.S. Department of Agriculture) in regulating food product safety.
- f. Demonstrate an understanding of the factors that affect meal management (e.g., time, energy, resources), as well as the methods and skills necessary to effectively manage meal planning, preparation, and presentation.
- g. Demonstrate an understanding of the principles, techniques, and terminology of food preparation (e.g., measuring and substituting ingredients; following, interpreting, converting, and modifying recipes/formulas).
- h. Recognize the variety of differences in food preparation, dining etiquette, table settings, and meal service styles within the United States, as well as those of other cultures and geographical regions of the world.
- i. Demonstrate knowledge of career paths, transferable knowledge and skills, aptitudes, and responsibilities related to careers in nutrition, foods, and hospitality industries.

(Challenge Standards for Student Success: Home Economics Careers and Technology [2000]: Food and Nutrition Content Area Standards 1–10; Food Science, Dietetics, and Nutrition Career Pathway Standards 1–18; Food Service and Hospitality Career Pathway Standards 1–20.)

HOME ECONOMICS
SUBTEST II: NUTRITION, FOODS, AND HOSPITALITY

**Part II: Subject Matter Skills and Abilities Applicable
to the Content Domains in Home Economics**

Candidates understand the life skills needed to function effectively in families, in the workforce, and within society. They apply knowledge in the areas of personal, family, and child development; nutrition, foods, and hospitality; fashion and textiles; interior design and housing; and consumer education to analyze issues and make informed decisions. They apply science, technology, economics, life management, and employability skills to propose solutions to a variety of real-life situations. In addition, candidates demonstrate an understanding of the leadership skills needed to implement solutions and to help students become positive and productive members of the global community.

Candidates apply organizational, leadership, and communication skills to work effectively with advisory committees, industry representatives, and community organizations. They understand their role and responsibilities as advisors to the student leadership organization FHA-HERO. Candidates are able to effectively represent the home economics program in individual and group settings in the school, community, and industry. Candidates are able to understand and respond to issues related to diversity and equity in the home economics program, families, the community, and the workforce.

Candidates understand the philosophy of home economics as a discipline of study. They understand the history of home economics, including its major historical events and leaders. Candidates understand current research and recent developments in the field of home economics. They are familiar with social, economic, legal, and ethical issues in the field. They apply strategies (e.g., accessing Internet resources, joining professional organizations) for staying abreast of current issues and developments in home economics. They are able to identify industry trends, career and entrepreneurship opportunities, employers' expectations, and the personal characteristic (e.g., appropriate work habits, social and communication skills) necessary for successful careers in the workplace. They use their home economics knowledge and skills to develop strategies for managing family and work life responsibilities in a rapidly changing global environment.