

Pre-PAC Instructional Resource Directory

Food Science Fundamentals

The Pre-PAC Instructional Resource Directory provides a list of suggested resources that address the domains, competencies, and content of Pre-PAC assessments. Use of the references and resources do not guarantee successful completion of the assessment. AAFCS does not endorse any external products (textbooks, curriculum, etc), vendors, consultants, or documentation that may be listed in the Directory. While every effort will be made to ensure accuracy and reliability of content, AAFCS assumes no responsibility for errors or for use of the information provided. Additionally, AAFCS disclaims any and all liability for any claims or damages that may result from providing information contained on the site, including any Web sites maintained by third parties and linked to the Pre-PAC site. The responsibility for content rests with the organizations that provide the information. The inclusion of links from the site does not imply endorsement by AAFCS.

Books

Careers in Focus – Family and Consumer Sciences

Author: Lee Jackson

Publisher: Goodheart-Willcox

Description: This text, appropriate for use in secondary programs, addresses the variety of careers in family and consumer sciences. Several of the chapters focus on careers related to food science.

Developing Career and Living Skills

Author: Mary Sue Burkhardt

Publisher: EMC Publishing

Description: This text, appropriate for use in secondary programs, addresses the skills necessary to explore a variety of careers and to succeed in a professional work environment.

Elementary Food Science

Author: Ernest R. Vieira

Publisher: Springer

Description: This introductory text, appropriate for use in post-secondary programs, includes a range of food science topics and emphasizes food processing, food handling, and food methodology.

Food: A Handbook of Terminology, Purchasing, and Preparation

Publisher: American Association of Family and Consumer Sciences

Description: This book is a widely used reference in the nutrition and culinary profession.

Food Science: The Biochemistry of Food & Nutrition

Publisher: Glencoe-McGraw-Hill

Description: This text, appropriate for use in secondary, food science programs, addresses the scientific method and the study of food chemistry and biology.

On Food and Cooking: The Science and Lore Of The Kitchen

Author: Harold McGee

Publisher: Scribner

Description: This revised and expanded edition is widely used and referenced in the nutrition and culinary profession.

Principles of Food Science

Author: Janet D. Ward and Larry Ward

Publisher: Goodheart-Willcox

Description: This text, appropriate for use in secondary, food science programs, addresses basic food science fundamentals and principles. The text focuses on the production, processes, preparation, and preservation of food and food systems. A correlation to the Pre-PAC domains and competencies is provided [online](#).

Understanding Food Science and Technology

Author: Peter S. Murano

Publisher: Cengage Learning

Description: This introductory text, appropriate for use in post-secondary programs, addresses the interdisciplinary focus of food science that includes chemistry, physics, biology, and engineering. Chapters are provided on food chemistry, food law, food processing and engineering, and product development.

Professional Association Websites

Academy of Nutrition and Dietetics

URL: <http://www.eatright.org/>

Description: The professional association offers membership to food and nutrition professionals. The website provides access to numerous informational and educational publications and resources and a Public Information Center with the latest food and nutrition information and news.

Council for Agricultural Science and Technology

URL: <http://www.cast-science.org>

Description: The non-profit organization provides science-based information on issues related to food, fiber, and agriculture to the public, policy makers, media sources, and the private sector.

Institute of Food Technologists

URL: <https://www.ift.org/>

Description: The organization provides current information and research on the science of food and technology. The website offers a knowledge center featuring resources and publications.

Partnership for Food Safety Education

URL: <http://www.fightbac.org/>

Description: The Partnership is a nonprofit that brings together stakeholders to ensure that Americans have access to actionable information they need to protect themselves from food poisoning. The Partnership works with an active network of 10,000 field educators, providing them with tools they can use to educate people about protecting their health through safe food handling and hygiene. The website has numerous educational resources and materials for classroom and public use.

School Nutrition Association

URL: <http://www.asfsa.org>

Description: The professional association offers membership to individuals involved in school nutrition. The website provides links and access to nutrition education news, publications, and resources.

Government Websites

Bureau of Labor Statistics Occupational Outlook Handbook

URL: <http://www.bls.gov/oco/>

Description: This government website provides information regarding careers and the associated duties/responsibilities, work setting, education and training requirements, salary, and projected growth.

Centers for Disease Control

URL: <http://www.cdc.gov/>

Description: This government website provides access to publications, tools, information and resources associated with a variety of health, wellness and food safety topics.

Food and Agricultural Organization

URL: <http://www.fao.org/>

Description: FAO efforts are designed to ensure that people have regular access to enough high-quality food to lead active, healthy lives. The website provides links/access to publications and statistics that provide a current and comprehensive perspective of food and agriculture globally. A variety of informational resources are accessible through its "Knowledge Forum."

Food and Drug Administration (FDA)

URL: www.fda.gov

Description: The government website features a "Food" section that provides current information relevant to food, nutrition, and wellness and appropriate for consumer and industry audiences.

Food and Nutrition Information Center

URL: <http://fnic.nal.usda.gov>

Description: The website provides credible, accurate, and practical resources on a wealth of topic/subject areas for nutrition and health professionals, educators, government personnel and consumers.

Food Safety and Inspection Service (FSIS)

URL: <http://www.fsis.usda.gov/>

Description: FSIS is the public health agency in the U.S. Department of Agriculture responsible for ensuring that the nation's commercial supply of meat, poultry, and egg products is safe, wholesome, and correctly labeled and packaged. The website provides information, news, research, videos, and resources on a variety of food safety topics.

FoodSafety.gov

URL: <http://www.foodsafety.gov/>

Description: The website serves as the gateway to federal food safety information. The website provides access to current news, recall alerts, and multimedia and print resources on food safety topics.

Hazard Analysis Critical Control Points (HACCP)

URL: <http://www.fda.gov/food/foodsafety/hazardanalysiscriticalcontrolpointshaccp/default.htm>

Description: The government website provides background and current information regarding this food safety management system.

Nutrient Data Laboratory

URL: <http://www.ars.usda.gov/ba/bhnrc/ndl>

Description: The site provides access to downloadable data sets prepared by the USDA Nutrient Data Laboratory with nutrient values of foods.

United State Department of Agriculture

URL: www.usda.gov

Description: USDA provides leadership on food, agriculture, natural resources, and related issues based on sound public policy, the best available science, and efficient management. The website provides current news, research, publications, and resources on food and nutrition and food safety topics.

Other Resources – Curricula, Teaching Materials, Handouts, Etc.

Beef Nutrition.org

URL: <http://www.beefnutrition.org/>

Publisher: National Cattlemen's Beef Association

Description: This website provides numerous fact sheets, recipes, and instructional materials regarding a variety of topics related to beef product information, cookery tips and techniques, and nutrition.

Beef University: A Food Service Guide to Beef

URL: <http://www.beeffoodservice.com/beefuniversity.aspx>

Publisher: Beef Checkoff Program, National Cattlemen's Beef Association

Description: This program provides modules, PowerPoint files, and fact sheets regarding numerous topics on beef product information, cookery tips and techniques, and nutrition.

Bell Institute of Health and Nutrition

URL: <http://www.bellinstitute.com/>

Publisher: General Mills

Description: Through its staff of registered dietitians and scientists, the Institute is committed to communicating quality nutrition education and information. The website provides a wealth of educational and multimedia resources on topics related to nutrition education, such as healthy eating, nutrients, product information, and health conditions.

Educator's Guide to Food Safety Material

URL: <https://www.partselect.com/JustForFun/Educators-Guide-To-Food-Safety.aspx>

Description: The site provides numerous links to lesson plans, classroom activities, and media resources on food safety topics.

eXtension Food Safety

URL: http://www.extension.org/food_safety

Publisher: Cooperative Extension Service

Description: The site is an interactive, online learning environment that provides food safety related information and educational resources developed by content specialists and researchers at land grant universities.

Food Insight: Your Nutrition and Food Safety Resource

URL: <http://www.foodinsight.org/>

Publisher: International Food Information Council Foundation

Description: The Foundation provides food safety, nutrition, and healthful eating information to help individuals make good and safe food choices. The resources and tools provided on the website are targeted to consumers and professionals and are categorized into nine major health and wellness topic areas.

Kellogg's Nutrition

URL: <http://www.kelloggsnutrition.com>

Publisher: Kellogg's

Description: The website provides easy-to-understand information and practical tips on diet and nutrition to make healthy food choices. In addition, the website offers nutrition education materials and resources, printable fact sheets, and several interactive nutrition tools.

Lifetime Nutrition and Wellness

URL: <http://ccfcs.tizrapublisher.com/>

Publisher: The Curriculum Center for Family and Consumer Sciences

Description: The online curriculum, available with a subscription, includes electronic versions of student resources and teacher lesson plans, presentations, and additional resources and tools. The curriculum is correlated to the Pre-PAC competencies.

National Dairy Council

URL: <http://www.nationaldairycouncil.org>

Publisher: National Dairy Council – Dairy Management, Inc.

Description: The Council is dedicated to educating the public on the health benefits of consuming milk and milk products throughout a person's lifespan. The website provides current information, news, research, and tips on dairy products and their nutritional value. In addition, the site provides access to educational materials and recipes.

Pork and Health

URL: www.porkandhealth.org

Publisher: National Pork Board

Description: This website, designed for nutrition professionals, provides numerous fact sheets, recipes, instructional materials, and education kits regarding the nutritional value of pork, food safety, and pork preparation.

Pork – Be Inspired

URL: www.porkbeinspired.com

Publisher: National Pork Board

Description: This website provides numerous fact sheets, recipes, and instructional materials regarding a variety of topics related to pork product information, cookery tips and techniques, and nutrition.

Science and Our Food Supply

URL: <https://www.fda.gov/food/foodscienceresearch/toolsmaterials/scienceandthefoodsupply/default.htm>

Description: The site provides access to free, supplemental curricula on nutrition and food safety for middle level and high school classes.

State Developed Curricula and Resources

URL: <http://www.nasafacs.org/member-information.html>

Publisher: NASAFACS

Description: This site provides access and links to state Family and Consumer Sciences Education program websites. Many states provide curricula, instructional resources, and materials for teachers providing instruction in the content areas associated with Pre-PAC Products.