



North Carolina Extended Essential Standards  
Extended Financial Management

			health .
		EX.LS.3.5	Plan a simple meal based on nutritional guidelines: <ul style="list-style-type: none"><li>• Develop a grocery list</li><li>• Purchase food</li><li>• Awareness of cooking terms</li><li>• Cooking methods</li><li>• Kitchen appliance usage</li></ul>
		EX.LS.3.6	Identify foods that are high-risk for contamination/ spoilage
		EX.LS.3.7	Carry out the proper methods for handling, preparing, and storing foods.