

Planned Course: Creating Living	Course Number: F720	Department: Family and Consumer Sciences	
Unit: Food and Nutrition	Grade Level 9-12		
Estimated Time: 9 weeks	Level/Track: Elective	Date Approved: 8/1/2013	
PA Academic Standards	Core Concepts (in question format) • Skills/Knowledge	Activities/Strategies/Study Skills (identify some activities as remedial or enrichment activities)	Assessments (include types and topics)

<p>11.3.12 Food Science and Nutrition</p> <p>C. Evaluate sources of food and nutrition information.</p> <p>E. Analyze the breakdown of foods, absorption of nutrients and their conversion to energy by the body.</p> <p>D. Critique diet modifications for their ability to improve nutritionally-related health conditions (e.g., diabetes, lactose-intolerance, iron deficiency).</p> <p>11.3.9 Food Science and Nutrition</p> <p>C. Analyze the impact of food addictions and eating disorders on health</p>	<p><u>NUTRITION</u></p> <p>► What roles do nutrition and proper diet play in influencing the lifelong health and well being of an individual?</p> <ul style="list-style-type: none"> • The student will be able to apply basic nutrition knowledge to one's health, appearance and well being. • The student will be able to list the six major nutrients and cite their functions in the body. • The student will be able to prepare a table on the food sources of nutrients. • The student will be able to analyze the purpose of the MyPlate food guide. 	<p>PowerPoint on basic nutrition and MyPlate food guide; study guide MyPlate graphic organizer</p> <p>Magazine advertisements and body image activity</p> <p>“A Healthy Plate” handout</p> <p>Nutrition and food intake journal; dietary self-assessment using www.ChooseMyPlate.gov or related Web site</p> <p>Healthy eating advertisements critiques and presentations</p> <p>Case studies (enrichment)</p> <p>Nutrition collage or “billboard” using MyPlate food group information</p> <p>Analyses of current events on nutrition and health: Talk to the Text and Think-Pair-Share</p>	<p>Teacher observation of student performance Graded nutrition study guide Graded MyPlate graphic organizer</p> <p>Magazine completion checklist on body image</p> <p>Graded journal and student self-assessment of eating patterns</p> <p>Graded presentations on healthy eating advertisements</p> <p>Vocabulary cards</p> <p>Rubric for MyPlate collage or “billboard”</p> <p>Teacher evaluation of student participation in</p>
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		Quiz on nutrition and MyPlate	current event learning experiences Graded quiz on nutrition and MyPlate
11.3.12 Food Science and Nutrition C. Evaluate sources of food and nutrition information. F. Evaluate the application of nutrition and meal planning principles in the selection, planning, preparation, and serving of meals that meet the specific nutritional needs of individuals across the lifespan.	<ul style="list-style-type: none"> The student will be able to explain the importance of the Dietary Guidelines for Americans. The student will be able to use MyPlate and the Dietary Guidelines to plan individual healthy meals. 	Small group work and presentations on dietary guidelines (e.g. poster, role-play, commercial, public service announcement, interview, etc.) Meal planning assignment	Teacher observation of student participation and group work on dietary guidelines; presentation rubrics Meal planning evaluation packet Checklist criteria of meal planning costs Budget breakdown of foods according to MyPlate food groups
11.2.12 Balancing Family, Work, and Community	<u>GETTING READY TO COOK</u> ▶ How can the development of culinary skills influence cooking proficiency and	PowerPoint on kitchen management; study guide	Graded study guide on kitchen management

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<p>Responsibility</p> <p>A. Evaluate the impact of family resource management on the global community.</p>	<p>kitchen management effectiveness?</p> <ul style="list-style-type: none"> The student will be able to demonstrate how to measure dry, liquid, and solid ingredients. 	<p>Food safety graphic organizer: e.g. "Guidelines for Safe Food Preparation"</p> <p>Demonstrations on ingredient measuring:</p> <ol style="list-style-type: none"> teacher based student based <p>Word search activity (remedial)</p> <p>Hands-on food preparation quiz</p>	<p>Graded food safety graphic organizer</p> <p>Demonstration rubric with criteria for student participation in food lab</p> <p>Graded hands-on food preparation quiz</p>
<p>11.3.12 Food Science and Nutrition</p> <p>F. Evaluate the application of nutrition and meal planning principles in the selection, planning, preparation, and serving of meals that meet the specific nutritional needs of individuals across the lifespan.</p>	<ul style="list-style-type: none"> The student will be able to practice and incorporate math skills in cooking. The student will be able to plan and prepare (considering the cost factor) a recipe or meal that meets a specific nutritional need. 	<p>Worksheets:</p> <ol style="list-style-type: none"> pricing decimals cost per serving recipe conversions <p>Food Labs that may include:</p> <p>Pizza Bubbles</p> <p>Sunrise Breakfast Pizza</p> <p>French Toast with Fruit</p> <p>Open Face Tacos</p> <p>Recipe selection</p>	<p>Worksheet evaluation: pricing, decimals, cost per serving, and recipe conversions</p> <p>Food Lab rubric</p>

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		Quiz on measuring and ingredient conversions	Quiz on measuring and ingredient conversions
<p>11.1.12 Financial and Resource Management</p> <p>F. Compare and contrast the selection of goods and services by applying effective consumer strategies.</p>	<ul style="list-style-type: none"> The student will be able to identify and list uses of food preparation equipment. 	<p>PowerPoint on kitchen equipment; study guide Teacher demonstration of equipment use</p> <p>Quiz on kitchen equipment</p>	<p>Graded study guide on kitchen equipment Teacher evaluation of student participation in tool identification activity</p> <p>Graded quiz on kitchen equipment</p>
<p>11.3.12 Food Science and Nutrition</p> <p>G. Analyze the relevance of scientific principles to food processing, preparation and packaging.</p> <p>A. Analyze how food engineering and technology trends will influence the food supply.</p> <p>B. Evaluate the role of government agencies in safeguarding our food</p>	<ul style="list-style-type: none"> The student will be able to define food preparation terms (cooking vocabulary). The student will be able to cite specific technological advances in food preparation. 	<p>Notes of cooking vocabulary terms Study guides on cooking vocabulary terms Bingo match game on cooking vocabulary terms Demonstrations of cooking techniques Food Labs exemplifying learned cooking vocabulary terms, that may include: Waffles and Fruit Chicken Fajitas Cinnamon Twists Tri-color Pasta Salad</p>	<p>Working notes on cooking vocabulary Teacher observation of student participation Demonstration rubric for cooking techniques Rubric for food labs Student self evaluation of food labs Teacher evaluation of student performance and food product success in food</p>

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<p>supply (e.g., USDA, FDA, EPA, and CDC).</p> <p>11.1.12 Financial and Resource Management</p> <p>C. Evaluate sources of food and nutrition information.</p> <p>E. Analyze the breakdown of foods, absorption of nutrients and their conversion to energy by the body.</p> <p>D. Critique diet modifications for their ability to improve nutritionally-related health conditions (e.g., diabetes, lactose-intolerance, iron deficiency).</p> <p>11.2.12 Balancing Family, Work and Consumer Responsibility</p> <p>A. Justify solutions developed by using practical reasoning skills.</p>	<ul style="list-style-type: none"> • The student will be able to demonstrate cooking techniques and skills in food labs. • The student will be able to analyze recipes used in food labs. • The student will be able to prepare foods that represent various MyPlate food groups. 	<p>Teacher demonstrations on cooking techniques</p> <p>Large and small group activities demonstrating kitchen skills</p> <p>Evaluation packets on cooking techniques</p> <p>Practice sessions on cooking techniques</p> <p>Worksheets on food groups and cooking techniques</p> <p>Food Labs: e.g. Hot Apple (or alternate fruit) Pancakes Vegetable Combos Cheddar Bacon Toasts Biscuits Taco Macaroni and Cheese Fruit Smoothies Banana Muffins Pumpkin Chip Cookies</p> <p>Magazine cooking articles (remedial)</p> <p>Recipe nutritional evaluations</p> <p>Quiz on cooking techniques</p>	<p>labs</p> <p>Teacher observation of students' participation in demonstrations, practice, and food labs</p> <p>Graded worksheets on food groups and cooking techniques</p> <p>Food lab rubric</p> <p>Product checklist of nutritional food values</p> <p>Magazine assignment completion (remedial)</p> <p>Graded recipe evaluations</p> <p>Graded quiz on cooking techniques</p>
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