

Planned Course: World of Baking		Course Number: F723	Department: Family & Consumer Sciences
Unit: Nutrition		Grade Level: 9-12	
Estimated Time: 1 week		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>D. Critique diet modifications for their ability to improve nutritionally-related health conditions (e.g., diabetes, lactose-intolerance, iron deficiency).</p> <p>E. Analyze the breakdown of foods, absorption of nutrients and their conversion to energy by the body.</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>	<p>▶ What is the overall effect of nutrients on your body's health and wellness?</p> <ul style="list-style-type: none"> • Students will learn why you need nutrients. • Students will understand how knowledge of nutrition can help you. • Students will be able to understand how nutrients work in the human body. • Students will learn the importance of Vitamin D & calcium in their diet. • Students will be able to identify the best food sources of each nutrient. • Students will be able 	<ul style="list-style-type: none"> - Teacher notes, study guides and lectures - Video: Intro to Nutrition - Overheads/ppt. slides: "Nutrition Highlights," "The Nutrition Team," "The Good, the Bad, & the Ugly," "Vital Vitamins & Major Minerals," "Water-The Survival Nutrient," "MyPlate," "Dietary Guidelines for Americans" - Worksheets: "Dissolve in Water," "Plus & Minus," "The Nutrition Story," "Food Enough for All" - Development of dietary supplements information pamphlet (pros & cons). - Activities: <ol style="list-style-type: none"> 1). Matching minerals 2). Categories 3). Nutrient brochure 4). One-day food diary 5). Life in the fast lane - Running vocabulary list - ChooseMyPlate.gov analysis - Nutrients research and oral presentation 	<ul style="list-style-type: none"> • Teacher observation looking for content, comprehension, and application of food sources of nutrients and how they work in the human body • Graded worksheets on vitamins, minerals and nutrients • MyPlate completion chart • Nutrition evaluation for 24 hour Food Diary graded via rubric • Nutrition brochure graded via rubric on content information and setup • Spot check vocabulary lists • Homework on nutrients • Student preparedness • Nutrients research and oral presentation graded via a rubric for content • Survey with student reflective analysis • Teacher observation for content, comprehension and participation • Graded worksheets on B.O.N.E.S. and Vitamin D • Student participation &
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	<p>to recognize the effects of consuming too little or too much of a nutrient.</p> <p>► What are some common chronic diseases related to diet?</p> <p>► What factors affect calorie requirements?</p>	<ul style="list-style-type: none"> - Nutrition journal - Class discussion - Calcium survey for teens “Quick Food Check” - B.O.N.E.S. Activity - Vitamin D promotion, disease prevention and treatment - Heart healthy Eating Intro. - Risk Factors for heart disease - Identifying Foods high in Saturated Fats - Gluten-free & Celiac Disease - Peanut-free & Diabetes - Graphic organizer of factors and calorie needs and growth charts. - Calories burned and physical activity. - Personal assessment via MyPlate.gov. 	<p>teacher observation</p> <ul style="list-style-type: none"> • Worksheet on Foods High in Saturated Fats • Case Study project • Gluten Free baking • Gluten Free shopping list • Worksheets and personal assessment papers • Summaries • Written/oral test on the nutrients and their effects on the body
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