

Planned Course: World of Baking		Course Number: F723	Department: Family & Consumer Sciences
Unit: Food Choices & Meal Planning		Grade Level: 9-12	
Estimated Time: 1-2 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>11.1.12 Financial and Resource Management</p> <p>A. Evaluate the impact of family resource management on the global community.</p> <p>11.2.12 Balancing Family, Work, and Community Responsibility</p> <p>B. Evaluate the effectiveness of action plans that integrate personal, work, family and community responsibilities.</p> <p>11.3.12 Food Science and Nutrition</p> <p>B. Evaluate the role of government agencies in safeguarding our food supply (e.g., USDA, FDA, EPA, and CDC).</p> <p>C. Evaluate sources of food and nutrition information.</p>	<p>► What is the impact of food on daily life, and how does the influence of culture and technology affect your food choices?</p> <ul style="list-style-type: none"> • Students will be able to identify reasons for eating. • Students will be able to demonstrate an understanding of the influences of food choices. • Students will be able to explain the reasons for differences in food customs among various cultures. <p>► What factors influence food choices?</p> <ul style="list-style-type: none"> • Students will analyze the factors that influence their own food choices. • Students will examine 	<ul style="list-style-type: none"> - Study guide: “Your Food Choices” - Textbook readings: “Food for Today” - Power point slides: “Food Meets Basic Needs: “A Map to Adventure,” “Food, Science & Technology,” “Food Choices-How to Decide,” “What Influences Your Food Choices?,” “Making Decisions,” “Food Advertising and Your Health?,” “From Farm to Table” - Worksheets: “Likes & Dislikes,” “Variety is the Spice of Life,” “Have You Heard?,” “Eating & Emotions,” “Chocolate covered Ants, Anyone?” (R), “Reasons for Food Choices,” “Science & Technology to the Rescue,” “Types of Food Customs” (R) - Articles: (E) “Sense Appeal,” “Choose to Make A Decision,” “Dealing with Decisions,” “Charting 	<ul style="list-style-type: none"> • Class participation in regards to the influence of their food choices and reasons for eating • Graded worksheets on food choices, decision making, customs, and technology • SMART goals • Graphic organizer “Factors Influencing Food Intake of Teens” PDF@P.I.N.C. • Handout of Dietary Guidelines and worksheets with activities • Online Food Variety form • Dietary analysis of their core foods and variety with food trade offs • 4 in a corner • Writing response • Debate participation • Reflective journal • Menu revision with volumetrics • Teacher observation for content and comprehension • Graded worksheets • Classroom participation in discussions • Unit test on Food and
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<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>positive and negative influences on food choices.</p> <ul style="list-style-type: none"> • Students will be able to recognize and be able to decrease negative influences in order to make better food choices. • Students will assess diets through Core Foods and variety. • Students will examine various eating strategies for better food choices and healthier eating. 	<p>your Food Choices” (R)</p> <ul style="list-style-type: none"> - Video: “Diet for a New America” “Food Inc.” - Food and cultures research assignment - Evaluation of cultures, foods, and life spans - Food and Technology research assignments - Brainstorm and prioritize factors influencing student food intake through categorization - Poll students on their top 2 influences and rank factors to help class prioritize the top influences - Brainstorm current and future health concerns of teenagers as they relate to making better food choices - Propose strategies to positively influence teen’s food choices - Core foods- What are they? - Food Variety online form - “Food Rules” excerpts with discussion - Mindless Eating: why we eat more than we think - Eating Volumetrically and 	<p>Health, Food and Culture, and Food in regards to Science and Technology</p>
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		<ul style="list-style-type: none"> - water content of foods - Portion Distortion power point & discussion - “Serve Yourself” activity - “How Much is a Serving?” 	
	<ul style="list-style-type: none"> ▶ What factors influence the food supply? • Students will explore the food chain and the importance of biodiversity. • Students will examine the process of food supply and discuss threats to our food supply. • Students will focus on the impact of science and technology on food. 	<ul style="list-style-type: none"> - The Food Chain Game - Shelf Life exploration - Local Agriculture research - Storing food experiment - Food Community service project - Sustainable living-personal inventory - Science vs. technology Venn diagram - Debates: “Genetic Engineering or Not”, “Cloning & Functional Foods” - Research functional food and personal life-style change - Technology trade-off - Manufactured food evaluation 	<ul style="list-style-type: none"> • Teacher observation looking for content and comprehension and participation • Reading summary • Graded inventories and reflections • Unit Test/Quiz
<p>11.3.12 Food Science and Nutrition</p> <p>F. Evaluate the application of nutrition and meal planning</p>	<ul style="list-style-type: none"> ▶ How do the principles of management apply to life in the kitchen? • Students will use basic 	<ul style="list-style-type: none"> - Teacher notes on meal management - Teacher power point, study guides, lecture and discussion on meal 	<ul style="list-style-type: none"> • Student’s study guide, graded • Class participation in discussions and food conservation and

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<p>principles in the selection, planning, preparation, and serving of meals that meet the specific nutritional needs of individuals across the lifespan.</p> <p>11.2.12 Balancing Family, Work, and Community Responsibility</p> <p>B. Evaluate the effectiveness of action plans that integrate personal, work, family and community responsibilities to blend work and family requirements.</p> <p>11.1.12 Financial and Resource Management</p> <p>A. Evaluate the impact of family resource management on the global community.</p>	<p>management principles while working in the kitchen.</p> <ul style="list-style-type: none"> • Students will practice conserving natural resources when preparing foods. • Students will understand how meal management can save time and energy in the kitchen. • Students will organize and simplify meal preparation. 	<p>management and resources</p> <ul style="list-style-type: none"> - Worksheets: “Order in the Kitchen,” “Putting your Act Together,” “Rate your Work Habits,” “What’s Wrong with the Menu?” - Meal planning Activity #2 - Co-op activity on Meal Planning with overhead - Video: “Meal Planning: The Foods in Action” - Brainstorming: <ul style="list-style-type: none"> 1) on controlling waste at home and in the kitchen 2) ways to use leftovers - Plotting of personal and community responsibilities on conservation of natural resources (E) - ChooseMyPlate.gov power point with study guide and graphic organizer - Develop a healthy plate/analyze my plate - Food group card sort 	<p>activities in regards to meal planning</p> <ul style="list-style-type: none"> • Graded worksheets on meal planning and kitchen resource management • Teacher observation of students applying principles of management into their lab settings as well as on task behavior for class work • Activity rubric • Chart completion of menu planning • Written/oral test on meal management & MyPlate • Final meal planning project rubric
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