

Planned Course: Nutrition	Course Number: F722	Department: Family and Consumer Sciences	
Unit: History of the Study of Nutrition	Grade Level 9-12		
Estimated Time: 2 weeks	Level/Track: Elective	Date Approved: August 10, 2020	
PA Academic Standards	▶ Core Concepts (in question format) <ul style="list-style-type: none"> • Skills/Knowledge 	Activities/Strategies/Study Skills (identify some activities as remedial or enrichment activities)	Assessments (include types and topics)

PA Standards	Content and Topics	Activities and Assessments
<u>Food Science and Nutrition</u> 11.3.12.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 their lifespan. <u>Balancing Family, Work, and Community Responsibility</u> 11.2.12.A Justify solutions developed by using practical reasoning skills. 11.2.12.B Evaluate the effectiveness of action plans that integrate personal, work, family & community.	<ul style="list-style-type: none"> ❖ Basic components of food preparation ❖ Inventory of current beliefs about nutrition ❖ Nutritive accounting throughout history (notes) ❖ The War on Fat, The War on Sugar ❖ Fad diets ❖ Lobbying, agricultural regulations, and MyPlate 	<ul style="list-style-type: none"> ● Analysis of news articles ● Analysis and comparison of scientific studies with conflicting results ● Current Issues in Nutrition - Semester-long assignment to encourage students to stay abreast of modern research; presentations ● The Victorians/Edwardians, Bread and Alum/Plaster ● "Why So Complicated?" ● Assessment: Test on History Notes and major points of the unit.