


Planned Course: Nutrition	Course Number: F722	Department: Family and Consumer Sciences	
Unit 2: The six nutrients/basic kitchen intro	Grade Level 9-12		
Estimated Time: 1 week	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.E 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.	<ul style="list-style-type: none"> ❖ Review of the six nutrients and their basic ❖ Hazards in the kitchen ❖ Oven and stove safety 	<ul style="list-style-type: none"> ● Melissa and Doug Sticker Plate Activity ● Discussion/debate of the word: "healthy" ● "Talking to the Recipe" - Altered form of "talking to the text"
<u>Balancing Family, Work, and Community Responsibility</u> 11.2.12.F Justify solutions developed by using practical reasoning skills.	<ul style="list-style-type: none"> ❖ Roles in lab (emphasis on safety officer's responsibilities) 	<ul style="list-style-type: none"> ● Quiz on kitchen procedures and safety ● Youtube videos and demonstration of food preparation

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<p>11.2.12.B</p> <p>Evaluate the effectiveness of action plans that integrate personal, work, family & community.</p> <p>11.2.12.C</p> <p>Analyze teamwork and leadership skills and their application in various family and work situations.</p>	<ul style="list-style-type: none"> ❖ Lab safety equipment 	<ul style="list-style-type: none"> ● Food labs integrated throughout: Students practice making delicious recipes that have balanced nutrient profiles and low-sugar, low-processing. Also identification of "ripe" fruits and vegetables, and knife skills to process them.
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