

Planned Course: Nutrition	Course Number: F722	Department: Family and Consumer Sciences	
Unit 3: Carbohydrates	Grade Level 9-12		
Estimated Time: 3 weeks	Level/Track: Elective	Date Approved: August 10, 2020	
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)

PA Standards	Content and Topics	Activities and Assessments
<u>Balancing Family, Work, and Community Responsibility</u> 11.2.12.A Justify solutions developed by using practical reasoning skills. <u>Food Science and Nutrition</u> 11.3.12.C Evaluate sources of food and nutrition information. 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"> ❖ Interpreting carbohydrates on food labels ❖ Types of sugars and sweeteners ❖ Using sugar alternatives in baking and cooking ❖ Starchy foods ❖ Body processing and digestion of carbohydrates ❖ Carbohydrates as they relate to exercise ❖ Diabetes 	<ul style="list-style-type: none"> ● Teacher powerpoint: Carbohydrates ● Students watch "That Sugar Film" and debate/discuss, as well as fill out the accompanying details worksheet ● Carbohydrates: Tough Choices kahoot ● Analysis of news articles and current issues regarding carbohydrates ● Guest Speaker: Weller Center ● Digestive System: Carbohydrates - Diagram coloring and labeling ● Youtube videos: Living with diabetes ● Group project: Identifying low-sugar alternatives for traditionally high sugar foods ● Summative assessment: Test on unit content

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		<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.
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