

<b>Planned Course: Nutrition</b>	<b>Course Number: F722</b>	<b>Department: Family and Consumer Sciences</b>	
<b>Unit 4: Fats</b>	<b>Grade Level 9-12</b>		
<b>Estimated Time: 2 weeks</b>	<b>Level/Track: Elective</b>	<b>Date Approved: August 10, 2020</b>	
<b>PA Academic Standards</b>	<b>▶ Core Concepts (in question format)</b> <ul style="list-style-type: none"> <li>• Skills/Knowledge</li> </ul>	<b>Activities/Strategies/Study Skills</b> (identify some activities as remedial or enrichment activities)	<b>Assessments</b> (include types and topics)

<b>PA Standards</b>	<b>Content and Topics</b>	<b>Activities and Assessments</b>
<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"> <li>❖ Fats chemical structure</li> <li>❖ Types of fats</li> <li>❖ MUFA's, PUFAs, and saturated fats</li> </ul>	<ul style="list-style-type: none"> <li>● Teacher powerpoint: Fats Notes, along with guided fill-in notes</li> <li>● MacDonald's online nutrition tool</li> <li>● Discussion of the vilification of fats throughout the late 20th century</li> </ul>
<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"> <li>❖ Trans fatty acids</li> <li>❖ Interpreting fat content using food labels</li> </ul>	<ul style="list-style-type: none"> <li>● 1-day research on Keto and ketosis</li> <li>● Find the Recipe Activity - Focus on healthy fats</li> <li>● Summative Assessment: Test on unit content</li> </ul>
11.2.12.B Evaluate the effectiveness of action plans that integrate personal, work, family & community.	<ul style="list-style-type: none"> <li>❖ Digestion and metabolism of fats</li> <li>❖ Fats and their relation to cholesterol</li> <li>❖ Food sources of different types of fats</li> </ul>	<ul style="list-style-type: none"> <li>● Current Issues in Nutrition - Semester-long assignment to encourage students to stay abreast of modern research; presentations</li> <li>● Food labs integrated throughout: Students practice making delicious recipes that have balanced nutrient profiles and low-sugar, low-processing. Also identification of "healthy fats."</li> </ul>