

<b>Planned Course: Nutrition</b>	<b>Course Number: F722</b>	<b>Department: Family and Consumer Sciences</b>	
<b>Unit 5: Proteins</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>❖ Protein structure, monomers</li> <li>❖ Digestion and metabolism of proteins and amino acids</li> </ul>	<ul style="list-style-type: none"> <li>● Students watch "Game Changers" and debate/discuss bias in documentaries, as well as fill out the accompanying details worksheet</li> <li>● Student self-evaluation rubric on presentations and reporting</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>❖ "Essential" amino acids and "complete" protein sources</li> <li>❖ Protein deficiency, and too much protein</li> </ul>	<ul style="list-style-type: none"> <li>● Worksheets highlighting places around the kitchen where food safety requires special considerations.</li> <li>● Youtube videos about food allergies, epipen use.</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>❖ Protein and athletes</li> <li>❖ Interpreting protein content using food labels</li> </ul>	<ul style="list-style-type: none"> <li>● Food labs: Food labs as part of this section will include safe meat handling. Examples of recipes may include: tacos, baked chicken breast, chicken salad.</li> </ul>