

Planned Course: Nutrition	Course Number: F722	Department: Family and Consumer Sciences	
Unit 6: Dietary Needs Throughout Lifespan	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>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"> ❖ Toddler nutrition and safe foods ❖ Foods for children through adolescence ❖ Adult nutrition 	<ul style="list-style-type: none"> ● Guided notes: Nutrition needs throughout lifespan ● Nutrition as a career ● Independent project: Menu development for a specific client
<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"> ❖ Nutrition and pregnancy 	<ul style="list-style-type: none"> ● Youtube videos - Day in the life of a nutritionist
11.2.12.B Evaluate the effectiveness of action plans that integrate personal, work, family & community.	<ul style="list-style-type: none"> ❖ Nutrition in older adulthood; special nutritional needs for the elderly 	<ul style="list-style-type: none"> ● Guest speaker - Professional nutritionist ● Development of babysitting menu
11.2.12.C Analyze teamwork and leadership skills and their application in various family and work situations.	<ul style="list-style-type: none"> ❖ Fruit and vegetable preparation and combinations with other courses within a meal 	<ul style="list-style-type: none"> ● Food labs: Food labs as part of this section will include foods that are appropriate for babysitting and eldercare.