

Planned Course: Nutrition	Course Number: F722	Department: Family and Consumer Sciences	
Unit 7: Special Diets and Restrictions	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
<p><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.</p> <p><u>Balancing Family, Work, and Community Responsibility</u> 11.2.12.F Justify solutions developed by using practical reasoning skills.</p> <p>11.2.12.B Evaluate the effectiveness of action plans that integrate personal, work, family & community.</p> <p>11.2.12.C Analyze teamwork and leadership skills and their application in various family and work situations.</p>	<ul style="list-style-type: none"> ❖ Food allergies and food sensitivity ❖ Lactose intolerance ❖ Celiac disease ❖ Vegan and vegetarian dietary concerns ❖ Fad diets and warnings about extreme eating ❖ Weight maintenance vs weight loss ❖ Example fad diets: Keto, Paleo, South Beach, Atkins, cleanses and smoothie diets 	<ul style="list-style-type: none"> ● Guided notes: Special Diets ● Food prep for ● Group library research and presentation on fad diets ● Summative assessment: Presentation rubric ● Youtube videos - Day in the life of a nutritionist ● Guest speaker - Professional nutritionist ● Development of babysitting menu ● Food labs: Food labs as part of this section will include foods that are lactose-free, gluten-free, or alternative in other ways. Emphasis on choosing foods based on variety and health, and not to follow a "trend"