

Planned Course: Nutrition	Course Number: F722	Department: Family and Consumer Sciences	
Unit 8: Vitamins, Minerals and Phytochemicals	Grade Level 9-12		
Estimated Time: 3 weeks	Level/Track: Elective	Date Approved: August 10, 2020	
PA Academic Standards	▶ Core Concepts (in question format) <ul style="list-style-type: none"> • 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. <u>Balancing Family, Work, and Community Responsibility</u> 11.2.12.F Justify solutions developed by using practical reasoning skills. 11.2.12.B Evaluate the effectiveness of action plans that integrate personal, work, family & community. 11.2.12.C Analyze teamwork and leadership skills and their application in various family and work situations.	<ul style="list-style-type: none"> ❖ Vitamins ❖ Minerals ❖ Current research on supplements; danger risks and benefits ❖ "Superfoods" ❖ Vitamin deficiency symptoms ❖ Variety and moderation as a nutrition rule of thumb 	<ul style="list-style-type: none"> ● Summative Project for Course: Bookcreator.com, students create a children's book or feature book on a nutrition topic. ● Guest speaker: Nutrition in local smoothie companies OR a sports nutritionist ● Field trip - Nutrition in the grocery store (Redners) ● Discussion of youtube video commercials for diets and supplements; commercial tactics and parsing out facts from fiction. ● Assessment: Final exam will be distributed at course conclusion ● Food labs: Food labs as part of this section will include foods that are appropriate for babysitting and eldercare.