

DEPARTMENT: FAMILY AND CONSUMER	COURSE TITLE: FOODS & NUTRITION I COURSE NUMBER: 769
GRADE(S): 9 - 12	PRE-REQUISITES (IF ANY): NONE

UNIT	LENGTH	CONTENT	SKILLS	METHODS OF ASSESSMENT	FAMILY AND CONSUMER ED. NATIONAL STANDARDS
Introduction to Food and Nutrition		<ul style="list-style-type: none"> Science, technology and food Food choices and facts Physical needs Psychological needs Social and personal influences Food issues and current careers 	<p>Students will:</p> <ul style="list-style-type: none"> Discuss how science is related to nutrition and food preparation. Identify how food meets physical and psychological needs. Describe how availability and technology influence food choices. Identify personal influences on food choices. Discuss current events and food topics. 	<ul style="list-style-type: none"> Participation in class discussions Research of food trends of the past Activity “meaning of the food” Poster of how food appeals to the senses Visual to present social & personal influences of food choices 	<p>14.5 Evaluate the impact of science & technology on food, consumption & safety</p> <p>12.1 Demonstrate the significance of the family in meeting physical needs for foods</p>
Food Laboratory Management		<ul style="list-style-type: none"> Kitchen tools Kitchen safety and sanitation Recipe information and food preparation terms/techniques Measuring standards Time management Teamwork Food costs & planning 	<p>Students will:</p> <ul style="list-style-type: none"> Identify equipment and uses for basic food preparation techniques. Identify ways to prevent common accidents. Describe the causes of food borne illness. List guidelines for food storage. Demonstrate proper measuring procedure. List guidelines for working cooperatively in the food labs and at home. Identify factors that affect meal planning. Describe how to get the most nutrition for your money when food shopping. 	<ul style="list-style-type: none"> Safe food and sanitation practices in the kitchen lab Proper measuring techniques Quiz Food supply and government regulations research Convenience food and traditional recipe comparison lab 	<p>8.2 Demonstrate food safety and sanitation procedures</p> <p>14.4 Evaluate factors that affect food safety from production through consumption</p> <p>14.5 Evaluate the impact of science and technology on food composition and safety</p> <p>9.3 Evaluate food plans and preparation techniques</p> <p>8.3 Demonstrate selecting, using, and maintaining food production equipment</p> <p>12.2 Make informed choices about consumer practices and products</p>
Keeping the Body Fit—Personal and Nutrition Guidelines		<ul style="list-style-type: none"> Food Guide Pyramids Nutrients Dietary guidelines Healthy food choices 	<p>Students will:</p> <ul style="list-style-type: none"> List guidelines for using the food guide pyramid. Describe the food groups in the food pyramids. Identify the six major types of nutrients. 	<ul style="list-style-type: none"> Participation in class discussions Menu plan incorporating healthy food choices and exercise Nutrients quiz 	<p>12.2 Make informed choices about consumer practices and products</p> <p>9.3 Evaluate nutrition principles</p> <p>2.2 Analyze the relationship of the</p>

		<ul style="list-style-type: none"> • Importance of exercise 	<ul style="list-style-type: none"> • Explain the purpose of RDAs. • List dietary guidelines for healthy life span. • Explain why there is no perfect body shape or size. • Describe techniques for successful weight control. • Explain the benefits of exercise. 	<ul style="list-style-type: none"> • Nutrition labs • Visual that identifies six major nutrients • Cooperative learning exercise representing the efficiencies and deficiencies of vitamins and minerals 	environment to consumer resources
Foods and Cultures		<ul style="list-style-type: none"> • Food choices around the world • Food customs 	<p>Students will:</p> <ul style="list-style-type: none"> • Define food customs. • Describe a multicultural society. • Describe how food choices are influenced by availability. • Analyze and address the dimensions of hunger in the world, the United States, and locally. 	<ul style="list-style-type: none"> • Nutrition around the world research project • Solutions to hunger problems proposals • Participation in a class project to alleviate local hunger 	2.2 Analyze relationship of the environment to consumer resources