

# Food for Fitness Overview

Content Area: **Family/Consumer Science**  
Course(s): **FOOD FOR FITNESS**  
Time Period:  
Length: **45 Days**  
Status: **Published**

## Cover

---

### EAST BRUNSWICK PUBLIC SCHOOLS

East Brunswick New Jersey

#### Superintendent of Schools

Dr. Victor P. Valeski

#### BOARD OF EDUCATION

Todd Simmens, President

Vicki Becker, Vice President

Susanna Chiu

Robert Cancro

Liwu Hong

Laurie Lachs

Barbara Reiss

Chad Seyler

Meredith Shaw

Course Adoption: 12/20/1990

Curriculum Adoption: 12/20/1990

Date of Last Revision Adoption: 9/1/2017

## Course Overview

---

## COURSE DESCRIPTION

This 10week, quarter course is designed to provide practical information about the connection between how the content and quality of one's diet can affect their personal fitness. Whether or not a student is interested in competitive sports, interested in improving their appearance, or overall vitality, an optimal diet and regular physical activity is important for all.

Students will start investigating their attitudes about personal health, diet, and exercise. They will explore the most current information about optimal diet and lifestyle. As current habits are examined, no value judgments are placed on any particular dietary lifestyle. Students will examine the new 2005 Dietary Guidelines and learn how to apply this information to plan a well balanced eating pattern based on their individual lifestyle and activity level.

Students will examine different theories about food and fitness and understand how a theory is tested and becomes accepted by the scientific community. They will learn how to develop behavioral goals that are realistic and attainable that can help them learn how to improve their diet and lifestyle.

This course does not include extensive instruction on food preparation techniques, but simple food labs are included that pertain to nutrition information discussed in class. Taste-testing is also included.

Even if a student is not ready or willing to make changes in their diet, activity, or lifestyle at this time, they will leave the course with sound information that they can use for future improvement in their personal health.

## COURSE SCOPE AND SEQUENCE

Sequential Unit Description	Other Pacing Guide References	Proficiency (Summative) Assessments
Unit 1 Introduction to Nutrition		
<ul style="list-style-type: none"><li>Differentiate between Food Science, Food Chemistry, and Nutrition &amp; Wellness</li><li>Evaluating the Media- Food Advertisements</li><li>Determine Personal Body Type</li><li>Body Image Perceptions</li><li>Discuss America's Eating Habits</li><li>Identify factors that contribute to personal health and wellness</li><li>Factors that affect attitude and motivation</li><li>Develop a Food Journal</li></ul>	10 Days	<ul style="list-style-type: none"><li>Advertisement analysis</li><li>Design an advertisement</li><li>Body Indices Lab</li></ul>

## Unit 2 You Are What You Eat

18 Days

- Recognize that many diseases are linked to what we eat and how we eat it
- Food Journal
- Understand how food is processed through digestion & metabolism
- Plants are the primary source of energy
- Understand the meaning of food consumption in moderation
- Recognize the importance of reading food labels
- Compare and Contrast MyPyramid with Harvard's Healthy Eating Pyramid
- Determine the health benefits of exercise

- Analysis of Fast Food nutritional value
- Analysis of caloric intake
- Estimation of proper portion sizes
- Comic Strips depicting the effects of overeating on your digestive system
- Respiration & Muscle Fatigue Lab
- Unit Quizzes

## Unit 3 Nutrients

- A calorie is a unit of energy
- Explain where calories come from
- Exercise and burning calories
- Carbohydrates
  - Simple & Complex
  - Functions in the body
- Proteins
  - Functions in the body
  - Complete & Incomplete proteins
- Fat
  - Functions in the body
  - Types of Fats and food sources
- Vitamins/ Minerals

7 Days

- Nutrient Business Cards
- Make Your Own Sports Drink (Demo)
- Antioxidant Meal Menu
- Unit Quiz

- General Functions in the body
- Supplements
  - Fluids
- Function in the body
- Fluid Requirements

#### Unit 4 Research Project Assignments

- |  |         |   |
|--|---------|---|
| <ul style="list-style-type: none"> <li>• Research and Present on individually chosen Fad Diets</li> <li>• Using all of the information learned in this course- design a well balanced menu that meets all nutritional needs</li> <li>• Final Exam</li> </ul> | 10 Days | <ul style="list-style-type: none"> <li>• Fad Diet Research Project Analysis</li> <li>• Design a safe and balanced exercise plan for themselves using the provided reference material</li> <li>• Final Exam</li> </ul> |
|--|---------|---|

### CONTENT FOCUS AREA AND COURSE NAME

**Course Name: Food for Fitness - #1350**

Course Number	School Numbers	Course Level	Grads(s)	Credits	Min. Per Week	Elective/Required	Initial Course Adopted
1350	050	S	10-12	1.25	210	E	12/20/90

### Textbooks and Other Resources

#### COURSE RESOURCES

Teacher Developed Materials

Measuring Tape

Online Resources related to diet and nutrition information

Videos:Supersize Me  
Diet Confidential  
The Truth About Sugar  
Protein  
ABC's of Vitamins  
Food Samples

## Standards

---

9.3.12.AG.3	Examine and summarize the importance of health, safety and environmental management systems in AFNR businesses.
CRP.K-12.CRP1	Act as a responsible and contributing citizen and employee.
CRP.K-12.CRP2	Apply appropriate academic and technical skills.
CRP.K-12.CRP3	Attend to personal health and financial well-being.
CRP.K-12.CRP4	Communicate clearly and effectively and with reason.
CRP.K-12.CRP6	Demonstrate creativity and innovation.
CRP.K-12.CRP7	Employ valid and reliable research strategies.
CRP.K-12.CRP8	Utilize critical thinking to make sense of problems and persevere in solving them.
HPE.2.1.12.A.CS1	Developing and maintaining wellness requires ongoing evaluation of factors impacting health and modifying lifestyle behaviors accordingly.
HPE.2.1.12.B.1	Determine the relationship of nutrition and physical activity to weight loss, weight gain, and weight maintenance.
HPE.2.1.12.B.2	Compare and contrast the dietary trends and eating habits of adolescents and young adults in the United States and other countries.
HPE.2.1.12.B.3	Analyze the unique contributions of each nutrient class (fats, carbohydrates, protein, water, vitamins, and minerals) to one's health.
HPE.2.1.12.B.CS1	Applying basic nutritional and fitness concepts to lifestyle behaviors impacts wellness.
HPE.2.6.12.A.1	Compare the short- and long-term impact on wellness associated with physical inactivity.
HPE.2.6.12.A.3	Determine the role of genetics, gender, age, nutrition, activity level, and exercise type on body composition.
HPE.2.6.12.A.4	Compare and contrast the impact of health-related fitness components as a measure of fitness and health.
HPE.2.6.12.A.CS1	Taking personal responsibility to develop and maintain physical activity levels provides opportunities for increased health, fitness, enjoyment, challenges, self-expression, and social interaction.

## **Grading and Evaluation Guidelines**

---

### **GRADING PROCEDURES**

In terms of proficiency level the East Brunswick grades equate to:

- A    Excellent - Advanced Proficient
- B    Good Above Average - Proficient
- C    Fair - Proficient
- D    Poor - Minimally proficient
- F    Failing - Partially Proficient

### **COURSE EVALUATION**

Each quarter students will be evaluated with tests and programming assignments using a total point basis to determine the quarter average. The semester/course average will be a weighted average of the 2 quarter averages (40% each) and a final exam (20%); in a full year course, each quarter is worth 20% of a student's final grade and each exam (midterm & final) is worth 10% of the student's final grade.

Course achievement will be evaluated based on the percent of all pupils who achieve the minimum level of proficiency (final average grade) in the course. Student achievement levels above minimum proficiency will also be reported. Final grades, and where relevant mid-term and final exams, will be analyzed by staff for the total cohort and for sub-groups of students to determine course areas requiring greater support or modification.

Class/Group Participation/ Work Ethic- 30%

Classwork /Labs- 30%

Tests/Quizzes- 20%

Research Projects- 20%

## **Other Details**

---

### **22202 Food and Nutrition**

Food and Nutrition courses provide students with an understanding of food's role in society, instruction in how to plan and prepare meals, experience in the proper use of equipment and utensils, and background on the nutritional needs and requirements for healthy living. Some classes place a heavier emphasis on the nutritional components of a balanced diet, while others concentrate on specific types of food preparation. Although these courses may present career opportunities in the food service industry, their emphasis is not career-related.

