

Unit 1 Nutrition - Calories, Exercise, & Weight Control

Content Area: **Practical Arts**
Course(s): **Foods and Nutrition II**
Time Period: **Marking Period 1**
Length: **2-3 weeks**
Status: **Published**

Course Pacing Guide

Unit	MP Weeks	
Unit 1 Varied Nutritional concepts pertaining to calories, exercise, weight control, and eating disorders. Obesity and related health issues are an increasing problem in America today. Healthy standards of eating and exercising to maintain an ideal weight should be established early in life to prevent disease.	1	2-3
Unit 2 Principles of Food Preparation are pertinent to maintaining nutrients in foods and preventing food borne illnesses. Proper procedures for cleanliness and safety are essential for good health.	1	2-3
Unit 3 Calculating caloric intake; BMR-Basal Metabolic Rate; BMI - Body Mass Index. The relationship between calorie consumption, exercise, metabolism, body size, and weight control.	1	2-3
Identifying fats and sugars in foods.		
Unit 4 Eating disorders: types, causes, treatment. Symptoms thereof. Self Body Image. Good mental outlook.	2	2-3
High/low self esteem.		
Unit 5 Evaluating different types of diets: Vegetarian, vegan, macrobiotic, high protein, low fat, low carbohydrates, carbohydrate loading.	2	2-3
Unit 6 Analyzing food labels. How to read a food label.		
Comparing nutritional information. Complete and incomplete protein. Amino acids. Simple carbohydrates. Complex carbohydrates.	2	2-3

Unit Overview

- The relationship between calorie consumption, exercise, metabolism & weight control
- Eating disorders: types, causes, treatment

- Fats & sugars in foods

Enduring Understandings

- Obesity & related health issues are becoming an increasing problem in America today.
- Healthy standards of eating & exercising to maintain an ideal weight should be established early in life to prevent disease.

Essential Questions

- How do I gain/lose weight or maintain an ideal weight for my age/gender/body build?
- How do I evaluate a diet to determine if it is healthy?

New Jersey Student Learning Standards (No CCS)

- Click on the header above.
- When the editing box opens up (looks like MS Word), then click on the "standards" tab at the top next to the "Editor" tab.
- When this opens, click on the plus sign in the Green circle (top left) next to the words "associate standard".
- Select the appropriate section from the list on the left such as "NJ Student Learning Standards", then click on the subject area from the list on the right. From here, you can click on the standards to add them.

FAM.9-12.1.1.1	Summarize local and global policies, issues, and trends in the workplace and community that affect individuals and families.
FAM.9-12.1.1.2	Analyze the effects of social, economic, and technological change on work and family dynamics.
FAM.9-12.1.2.3	Apply communication skills in school, community and workplace settings.
FAM.9-12.1.2.4	Demonstrate teamwork skills in school, community and workplace settings.
FAM.9-12.2.1	Demonstrate management of individual and family resources such as food, clothing, shelter, health care, recreation, transportation, time, and human capital.
FAM.9-12.2.1.3	Analyze decisions about providing safe and nutritious food for individuals and families.
FAM.9-12.2.2.2	Summarize environmental trends and issues affecting families and future generations.
FAM.9-12.2.5.1	Analyze the use of resources in making choices that satisfy needs and wants of individuals

and families.

Amistad Integration

Discussion of the cuisine of the south in America.

Foods and preparations of Southern slaves.

Sources of foods available to the slaves that influenced their daily and family meals.

Spices and herbs used by the slaves of the South.

Specific recipes handed down today that are a direct result of the conditions of the early slaves of our country.

LA.RI.11-12.10b

By the end of grade 12, read and comprehend literary nonfiction at grade level text-complexity or above.

SEL.PK-12.1.2

Recognize the impact of one's feelings and thoughts on one's own behavior

Holocaust/Genocide Education

Foods of the German culture in the 1940's.

Foods of the Jews of Germany, Poland, Hungary, Russia, during World War II.

Interdisciplinary Connections

FAM.9-12.2.1

Demonstrate management of individual and family resources such as food, clothing, shelter, health care, recreation, transportation, time, and human capital.

FAM.9-12.2.1.1

Apply management and planning skills and processes to organize tasks and responsibilities.

FAM.9-12.2.1.2

Analyze how individuals and families make choices to satisfy needs and wants.

FAM.9-12.2.1.3

Analyze decisions about providing safe and nutritious food for individuals and families.

FAM.9-12.2.1.5

Apply consumer skills to decisions about housing, utilities, and furnishings.

FAM.9-12.2.2

Analyze the relationship of the environment to family and consumer resources.

FAM.9-12.2.2.1

Analyze individual and family responsibility in relation to the environmental trends and issues.

FAM.9-12.2.2.2

Summarize environmental trends and issues affecting families and future generations.

FAM.9-12.2.2.3

Demonstrate behaviors that conserve, reuse, and recycle resources to maintain the environment.

FAM.9-12.2.2.4

Explain government regulations for conserving natural resources.

FAM.9-12.2.3

Analyze policies that support consumer rights and responsibilities.

FAM.9-12.2.3.3	Analyze skills used in seeking information to consumer rights.
FAM.9-12.2.4.1	Summarize types of technology that affect family and consumer decision-making.
FAM.9-12.2.4.2	Analyze how media and technological advances affect family and consumer decisions.
FAM.9-12.2.4.3	Assess the use of technology and its effect on quality of life.
FAM.9-12.2.5.2	Analyze individual and family roles in the economic system.
FAM.9-12.2.5.3	Analyze economic effects of laws and regulations that pertain to consumers and providers of services.
FAM.9-12.2.5.4	Analyze practices that allow families to maintain economic self-sufficiency.

Technology Standards

TECH.8.1.12.A	Technology Operations and Concepts: Students demonstrate a sound understanding of technology concepts, systems and operations.
TECH.8.1.12.A.1	Create a personal digital portfolio which reflects personal and academic interests, achievements, and career aspirations by using a variety of digital tools and resources.
TECH.8.1.12.A.CS1	Understand and use technology systems.
TECH.8.1.12.A.CS2	Select and use applications effectively and productively.
TECH.8.1.12.B.CS1	Apply existing knowledge to generate new ideas, products, or processes.
TECH.8.1.12.B.CS2	Create original works as a means of personal or group expression.
TECH.8.2.12.D.5	Explain how material processing impacts the quality of engineered and fabricated products.
TECH.8.2.12.D.6	Synthesize data, analyze trends and draw conclusions regarding the effect of a technology on the individual, society, or the environment and publish conclusions.

21st Century Themes/Careers

CAEP.9.2.12.C	Career Preparation
CAEP.9.2.12.C.3	Identify transferable career skills and design alternate career plans.

Financial Literacy Integration

1. The State Board of Education shall require that a school district incorporate in each of the grades ¹[kindergarten] six¹ through eight financial literacy instruction to pupils enrolled in those grades. The purpose of the instruction shall be to provide ¹[elementary and]¹middle school students with the basic financial literacy necessary for sound financial decision-making.

The instruction shall meet the requirements established by the State board and shall:

- a. be appropriate to, and reflect the age and comprehension of, the students enrolled in the particular grade level; and
- b. include content on budgeting, savings, credit, debt, insurance, investment, and other issues associated

with personal financial responsibility as determined by the State board.

Instructional Strategies & Learning Activities

Instructional Strategies:

- **Large group instruction**
- **Partner learning**
- **Laboratory Experience**

Learning Activities

- **Using a mathematical formula, each student will calculate his/her daily caloric intake and compare the number of calories they consume with the amount their bodies need on a daily basis**
- **The students will learn how to effectively gain weight, lose weight or maintain ideal weight**
- **The students will identify hidden fats and sugars in foods**
- **The students will be able to identify eating disorders and be able to differentiate between them; avenues of seeking help will be provided**

Differentiated Instruction

Examples may include:

- Curriculum Map
- Inquiry/Problem-Based Learning
- Learning preferences integration (visual, auditory, kinesthetic)
- Sentence & Discussion Stems
- Tiered Learning Targets
- Self-Directed Learning
- Debate
- LMS use
- Student Data Inventories
- Mastery Learning (feedback toward goal)
- Rubrics
- Learning Menus

- Learning Through Workstations
- Concept Attainment
- Mentoring
- Student Interest & Inventory Data

Formative Assessments

Worksheets

Summative Assessment

- Unit test

Benchmark Assessments

Benchmark - 95% of students in the class will achieve a score of 93 or higher on the summative assessment (unit test)

Alternate Assessments

- Oral response to questions in review of material.
- More time allotted for written assignments/assessments.
- Take Home projects/reviews/assessments.

Resources & Technology

- Food for Today (sixth edition) by Helen Kowtaluk, Glencoe
- Videos:
- Assorted websites for recipes

BOE Approved Texts

[BOE Approved Texts](#)

Closure

Such as:

- Kids answer the following prompts: "What takeaways from the lesson will be important to know three years from now? Why?"
- Ask a question. Give students ten seconds to confer with peers before you call on a random student to answer. Repeat.
- Have kids orally describe a concept, procedure, or skill in terms so simple that a child in first grade would get it.
- Direct kids to raise their hands if they can answer your questions. Classmates agree (thumbs up) or disagree (thumbs down) with the response.
- Have kids create a cheat sheet of information that would be useful for a quiz on the day's topic.
- Kids write notes to peers describing what they learned from them during class discussions.
- Ask students to summarize the main idea in under 60 seconds to another student acting as a well-known personality who works in your discipline. After summarizing, students should identify why the famous person might find the idea significant.
- Have students complete the following sentence: "The [concept, skill, word] is like _____ because _____."

ELL

Such as:

- Alternate Responses
- Advance Notes
- Extended Time
- Teacher Modeling
- Simplified Written and Verbal Instructions
- Frequent Breaks
- E-Dictionaries

Special Education

List is not inclusive but may include examples such as:

- Shorten assignments to focus on mastery of key concepts.
- Shorten spelling tests to focus on mastering the most functional words.
- Substitute alternatives for written assignments (clay models, posters, panoramas, collections, etc.)
- Specify and list exactly what the student will need to learn to pass.
- Evaluate the classroom structure against the student's needs (flexible structure, firm limits, etc.).
- Keep workspaces clear of unrelated materials.
- Keep the classroom quiet during intense learning times.
- Reduce visual distractions in the classroom (mobiles, etc.).
- Provide a computer for written work.
- Seat the student close to the teacher or a positive role model.
- Use a study carrel. (Provide extras so that the student is not singled out.)
- Provide an unobstructed view of the chalkboard, teacher, movie screen, etc.
- Keep extra supplies of classroom materials (pencils, books) on hand.
- Maintain adequate space between desks.
- Give directions in small steps and in as few words as possible.
- Number and sequence the steps in a task.
- Have student repeat the directions for a task.
- Provide visual aids.
- Go over directions orally.
- Provide a vocabulary list with definitions.
- Permit as much time as needed to finish tests.
- Allow tests to be taken in a room with few distractions (e.g., the library).
- Have test materials read to the student, and allow oral responses.
- Divide tests into small sections of similar questions or problems.
- Allow the student to complete an independent project as an alternative test.
- Give progress reports instead of grades.
- Grade spelling separately from content.
- Allow take-home or open-book tests.
- Show a model of the end product of directions (e.g., a completed math problem or finished quiz).
- Stand near the student when giving directions or presenting a lesson.
- Mark the correct answers rather than the incorrect ones.
- Permit a student to rework missed problems for a better grade.
- Average grades out when assignments are reworked, or grade on corrected work.
- Use a pass-fail or an alternative grading system when the student is assessed on his or her own growth.

Examples of accommodations in 504 plans include but are not limited to:

- preferential seating
- extended time on tests and assignments
- reduced homework or classwork
- verbal, visual, or technology aids
- modified textbooks or audio-video materials
- behavior management support
- adjusted class schedules or grading
- verbal testing
- excused lateness, absence, or missed classwork
- pre-approved nurse's office visits and accompaniment to visits
- occupational or physical therapy

At Risk

Examples may include:

- Use of mnemonics
- Have student restate information
- Provision of notes or outlines
- Concrete examples
- Use of a study carrel
- Assistance in maintaining uncluttered space
- Weekly home-school communication tools (notebook, daily log, phone calls or email messages)
- Peer or scribe note-taking
- Lab and math sheets with highlighted instructions
- Graph paper to assist in organizing or lining up math problems
- Use of manipulatives
- No penalty for spelling errors or sloppy handwriting
- Follow a routine/schedule
- Teach time management skills
- Verbal and visual cues regarding directions and staying on task
- Adjusted assignment timelines
- Visual daily schedule
- Immediate feedback
- Work-in-progress check
- Pace long-term projects
- Preview test procedures
- Film or video supplements in place of reading text
- Pass/no pass option
- Cue/model expected behavior
- Use de-escalating strategies

- Use peer supports and mentoring
- Have parent sign homework/behavior chart
- Chart progress and maintain data

Gifted and Talented

Focus on effort and practice

Offer the Most Difficult First

Offer choice

Speak to Student Interests

Allow G/T students to work together

Encourage risk taking