

# Nutrition Basics

Content Area: **Business**  
Course(s): **Modern Foods I**  
Time Period: **First Marking Period**  
Length: **Half year**  
Status: **Published**

## Unit Overview

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1. The role of nutrients in the body and their relationship to health
2. The types of carbohydrates, their sources, and their place in the diet.
3. The roles of proteins, fats, and cholesterol in the body
4. The functions of various vitamins and minerals in the body
5. Water as a nutrient and possible benefits of phytochemicals

## STAGE 1- DESIRED RESULTS

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### 2014 NJCCCS - 21st Century Life and Careers

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### Career Ready Practices

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### 9.1 Personal Financial Literacy

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PFL.9.1.12.A.4	Identify a career goal and develop a plan and timetable for achieving it, including educational/training requirements, costs, and possible debt.
PFL.9.1.12.A.5	Analyze how the economic, social, and political conditions of a time period can affect the labor market.
PFL.9.1.12.A.6	Summarize the financial risks and benefits of entrepreneurship as a career choice.

### 9.2 Career Awareness, Exploration, and Preparation

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CAEP.9.2.12.C.1	Review career goals and determine steps necessary for attainment.
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CAEP.9.2.12.C.2	Modify Personalized Student Learning Plans to support declared career goals.
CAEP.9.2.12.C.4	Analyze how economic conditions and societal changes influence employment trends and future education.
CAEP.9.2.12.C.6	Investigate entrepreneurship opportunities as options for career planning and identify the knowledge, skills, abilities, and resources required for owning and managing a business.
CAEP.9.2.12.C.7	Examine the professional, legal, and ethical responsibilities for both employers and employees in the global workplace.

## 9.3 Career & Technical Education

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12.9.3.HU.3	Use effective communication with human services clients and their families.
12.9.3.HU.4	Demonstrate ethical and legal conduct in human services settings.
12.9.3.HU.5	Evaluate career opportunities in each of the Human Services Career Pathways.
12.9.3.HU-CSM.1	Summarize necessary credentials, licensures or state-specific requirements to prepare for a career in consumer services.
12.9.3.HU-CSM.2	Communicate product or equipment features that meet the needs of clients and consumers.
12.9.3.HU-CSM.3	Make consumer services recommendations meeting the needs of clients or customers.
12.9.3.HU-CSM.7	Demonstrate knowledge of ethical and legal responsibilities associated with providing consumer services.
12.9.3.HU-CSM.8	Apply business procedures and utilize equipment and facilities to produce satisfying client outcomes.

## CCSS- Writing in Modern Foods

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### Text Types and Purposes

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LA.11-12.CCSS.ELA-Literacy.CCRA.W.1	Write arguments to support claims in an analysis of substantive topics or texts, using valid reasoning and relevant and sufficient evidence.
LA.11-12.CCSS.ELA-Literacy.CCRA.W.2	Write informative/explanatory texts to examine and convey complex ideas and information clearly and accurately through the effective selection, organization, and analysis of content.
LA.11-12.CCSS.ELA-Literacy.CCRA.W.3	Write narratives to develop real or imagined experiences or events using effective technique, well-chosen details, and well-structured event sequences.
LA.11-12.CCSS.ELA-Literacy.WHST.11-12.1	Write arguments focused on discipline-specific content.
LA.11-12.CCSS.ELA-Literacy.WHST.11-12.2	Write informative/explanatory texts, including the narration of historical events, scientific procedures/ experiments, or technical processes.
LA.11-12.CCSS.ELA-Literacy.WHST.11-12.1a	Introduce precise, knowledgeable claim(s), establish the significance of the claim(s), distinguish the claim(s) from alternate or opposing claims, and create an organization that logically sequences the claim(s), counterclaims, reasons, and evidence.
LA.11-12.CCSS.ELA-	Develop claim(s) and counterclaims fairly and thoroughly, supplying the most relevant

Literacy.WHST.11-12.1b	data and evidence for each while pointing out the strengths and limitations of both claim(s) and counterclaims in a discipline-appropriate form that anticipates the audience's knowledge level, concerns, values, and possible biases.
LA.11-12.CCSS.ELA-Literacy.WHST.11-12.1c	Use words, phrases, and clauses as well as varied syntax to link the major sections of the text, create cohesion, and clarify the relationships between claim(s) and reasons, between reasons and evidence, and between claim(s) and counterclaims.
LA.11-12.CCSS.ELA-Literacy.WHST.11-12.1d	Establish and maintain a formal style and objective tone while attending to the norms and conventions of the discipline in which they are writing.
LA.11-12.CCSS.ELA-Literacy.WHST.11-12.1e	Provide a concluding statement or section that follows from or supports the argument presented.
LA.11-12.CCSS.ELA-Literacy.WHST.11-12.2a	Introduce a topic and organize complex ideas, concepts, and information so that each new element builds on that which precedes it to create a unified whole; include formatting (e.g., headings), graphics (e.g., figures, tables), and multimedia when useful to aiding comprehension.
LA.11-12.CCSS.ELA-Literacy.WHST.11-12.2b	Develop the topic thoroughly by selecting the most significant and relevant facts, extended definitions, concrete details, quotations, or other information and examples appropriate to the audience's knowledge of the topic.
LA.11-12.CCSS.ELA-Literacy.WHST.11-12.2c	Use varied transitions and sentence structures to link the major sections of the text, create cohesion, and clarify the relationships among complex ideas and concepts.
LA.11-12.CCSS.ELA-Literacy.WHST.11-12.2d	Use precise language, domain-specific vocabulary and techniques such as metaphor, simile, and analogy to manage the complexity of the topic; convey a knowledgeable stance in a style that responds to the discipline and context as well as to the expertise of likely readers.
LA.11-12.CCSS.ELA-Literacy.WHST.11-12.2e	Provide a concluding statement or section that follows from and supports the information or explanation provided (e.g., articulating implications or the significance of the topic).

## **Production and Distribution of Writing**

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LA.11-12.CCSS.ELA-Literacy.CCRA.W.4	Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience.
LA.11-12.CCSS.ELA-Literacy.CCRA.W.5	Develop and strengthen writing as needed by planning, revising, editing, rewriting, or trying a new approach.
LA.11-12.CCSS.ELA-Literacy.CCRA.W.6	Use technology, including the Internet, to produce and publish writing and to interact and collaborate with others.
LA.11-12.CCSS.ELA-Literacy.WHST.11-12.4	Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience.
LA.11-12.CCSS.ELA-Literacy.WHST.11-12.5	Develop and strengthen writing as needed by planning, revising, editing, rewriting, or trying a new approach, focusing on addressing what is most significant for a specific purpose and audience.
LA.11-12.CCSS.ELA-Literacy.WHST.11-12.6	Use technology, including the Internet, to produce, publish, and update individual or shared writing products in response to ongoing feedback, including new arguments or information.

## **Research to Build and Present Knowledge**

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LA.11-12.CCSS.ELA-Literacy.CCRA.W.7	Conduct short as well as more sustained research projects based on focused questions, demonstrating understanding of the subject under investigation.
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LA.11-12.CCSS.ELA-Literacy.CCRA.W.8	Gather relevant information from multiple print and digital sources, assess the credibility and accuracy of each source, and integrate the information while avoiding plagiarism.
LA.11-12.CCSS.ELA-Literacy.CCRA.W.9	Draw evidence from literary or informational texts to support analysis, reflection, and research.
LA.11-12.CCSS.ELA-Literacy.WHST.11-12.7	Conduct short as well as more sustained research projects to answer a question (including a self-generated question) or solve a problem; narrow or broaden the inquiry when appropriate; synthesize multiple sources on the subject, demonstrating understanding of the subject under investigation.
LA.11-12.CCSS.ELA-Literacy.WHST.11-12.8	Gather relevant information from multiple authoritative print and digital sources, using advanced searches effectively; assess the strengths and limitations of each source in terms of the specific task, purpose, and audience; integrate information into the text selectively to maintain the flow of ideas, avoiding plagiarism and over-reliance on any one source and following a standard format for citation.
LA.11-12.CCSS.ELA-Literacy.WHST.11-12.9	Draw evidence from informational texts to support analysis, reflection, and research.

## Range of Writing

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LA.11-12.CCSS.ELA-Literacy.CCRA.W.10	Write routinely over extended time frames (time for research, reflection, and revision) and shorter time frames (a single sitting or a day or two) for a range of tasks, purposes, and audiences.
LA.11-12.CCSS.ELA-Literacy.WHST.11-12.10	Write routinely over extended time frames (time for reflection and revision) and shorter time frames (a single sitting or a day or two) for a range of discipline-specific tasks, purposes, and audiences.

## CCSS- Literacy in Modern Foods

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## Key Ideas and Details

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LA.11-12.CCSS.ELA-Literacy.CCRA.R.1	Read closely to determine what the text says explicitly and to make logical inferences from it; cite specific textual evidence when writing or speaking to support conclusions drawn from the text.
LA.11-12.CCSS.ELA-Literacy.CCRA.R.2	Determine central ideas or themes of a text and analyze their development; summarize the key supporting details and ideas.
LA.11-12.CCSS.ELA-Literacy.CCRA.R.3	Analyze how and why individuals, events, and ideas develop and interact over the course of a text.
CCSS.ELA-Literacy.RST.11-12.1	Cite specific textual evidence to support analysis of science and technical texts, attending to important distinctions the author makes and to any gaps or inconsistencies in the account.
CCSS.ELA-Literacy.RST.11-12.2	Determine the central ideas or conclusions of a text; summarize complex concepts, processes, or information presented in a text by paraphrasing them in simpler but still accurate terms.
CCSS.ELA-Literacy.RST.11-12.3	Follow precisely a complex multistep procedure when carrying out experiments, taking measurements, or performing technical tasks; analyze the specific results based on explanations in the text.

## Craft and Structure

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LA.11-12.CCSS.ELA-Literacy.CCRA.R.4	Interpret words and phrases as they are used in a text, including determining technical, connotative, and figurative meanings, and analyze how specific word choices shape meaning or tone.
LA.11-12.CCSS.ELA-Literacy.CCRA.R.5	Analyze the structure of texts, including how specific sentences, paragraphs, and larger portions of the text (e.g., a section, chapter, scene, or stanza) relate to each other and the whole.
LA.11-12.CCSS.ELA-Literacy.CCRA.R.6	Assess how point of view or purpose shapes the content and style of a text.
CCSS.ELA-Literacy.RST.11-12.4	Determine the meaning of symbols, key terms, and other domain-specific words and phrases as they are used in a specific scientific or technical context relevant to grades 11–12 texts and topics.
CCSS.ELA-Literacy.RST.11-12.5	Analyze how the text structures information or ideas into categories or hierarchies, demonstrating understanding of the information or ideas.
CCSS.ELA-Literacy.RST.11-12.6	Analyze the author’s purpose in providing an explanation, describing a procedure, or discussing an experiment in a text, identifying important issues that remain unresolved.

## Integration of Knowledge and Ideas

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LA.11-12.CCSS.ELA-Literacy.CCRA.R.7	Integrate and evaluate content presented in diverse media and formats, including visually and quantitatively, as well as in words.
LA.11-12.CCSS.ELA-Literacy.CCRA.R.8	Delineate and evaluate the argument and specific claims in a text, including the validity of the reasoning as well as the relevance and sufficiency of the evidence.
LA.11-12.CCSS.ELA-Literacy.CCRA.R.9	Analyze how two or more texts address similar themes or topics in order to build knowledge or to compare the approaches the authors take.
CCSS.ELA-Literacy.RST.11-12.7	Integrate and evaluate multiple sources of information presented in diverse formats and media (e.g., quantitative data, video, multimedia) in order to address a question or solve a problem.
CCSS.ELA-Literacy.RST.11-12.8	Evaluate the hypotheses, data, analysis, and conclusions in a science or technical text, verifying the data when possible and corroborating or challenging conclusions with other sources of information.
CCSS.ELA-Literacy.RST.11-12.9	Synthesize information from a range of sources (e.g., texts, experiments, simulations) into a coherent understanding of a process, phenomenon, or concept, resolving conflicting information when possible.

## Range of Reading and Level of Text Complexity

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LA.11-12.CCSS.ELA-Literacy.CCRA.R.10	Read and comprehend complex literary and informational texts independently and proficiently.
CCSS.ELA-Literacy.RST.11-12.10	By the end of grade 12, read and comprehend science/technical texts in the grades 11–CCR text complexity band independently and proficiently.

## Essential Questions

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- After they are broken down, how do nutrients reach individual cells?
- How does peristalsis work?
- In what part of the body does the chemical part of digestion begin?.
- What do cells need to function properly?
- What happens during oxidation?
- What is anemia? What causes it?
- What is healthful eating?
- What is the general label for the series of standards that scientists have developed for assessing nutrient need?
- What is the relationship between DRIs and Daily Values (DVs)?
- What substance is the body's basic fuel?
- When are Adequate Intakes (AIs) used to assess nutrient needs?
- Where most absorption of nutrients take place?

## **Enduring Understanding**

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- - The impact of nutrients on your body and health
  - The six major nutrient groups can be obtained by eating a variety of foods daily.
  - The healthy living requires an individual to act on available information about good nutrition.
  - The essential concepts about nutrition and diet
  - The purpose of R.D.A
  - Plan balanced diets for themselves and others
  - The digestion, absorption, transportation, and storage of nutrients
  - The contribution of Dietary Guidelines to good health
  - Dietary guidelines vary for individuals based on age, activity level, weight, metabolism, and health
  - The food groups in the Food Pyramid
  - The nutrient requirements vary from person to person.
  - Foods must be broken down to make nutrients available to the body.

## **Students will know...**

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Student study the role of nutrients in the body and their relationship to health.

They learn types of carbohydrates, their sources, and their place in the diet.

The students learn the roles of proteins, fats, and cholesterol in the body.

The students will study the functions of various vitamins and minerals in the body.

The students study water as a nutrient and the possible benefits of phytochemicals.

### **Students will be able to...**

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- Explain the impact of nutrients on your body and health
- The USDA food guidelines
- Functions, and sources of the six nutrients
- Compare simple and complex carbohydrates and relate them to sugars and starches
- Summarize the roles of proteins and fats, and cholesterol in the body
- Identify vitamins and minerals needed by the body
- Explain how the body uses water
- Describe standards and guidelines that provide information about nutrient requirement
- Summarize the steps in the digestive process
- Discuss the role of metabolism in the body
- Explain how carbohydrates are made
- Identify what type of carbohydrate is provided by different plant foods.
- Explain the roles of each type of carbohydrate in the diet
- Describe the structure of proteins and fats.
- Explain how proteins and fats are digested.
- Summarize the roles of proteins, fats, and cholesterol in the body
- Compute recommended amounts of proteins and fats based on daily calories
- Identify vitamins and minerals needed by the body.
- Explain the functions of various vitamins and minerals
- Suggest good sources for specific vitamins and minerals.
- Describe conditions that can result from certain vitamin and mineral deficiencies
- Explain how the body uses water.
- Suggest ways to increase water intake
- Relate specific phytochemicals to their possible benefits and food sources.

Summarize how phytochemicals can be included in the diet

## **STAGE 2- EVIDENCE OF LEARNING**

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### **Formative Assessment During Lesson**

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- 3- Minute Pause
- A-B-C Summaries
- Analogy Prompt

- Choral Response
- Debriefing
- Exit Card / Ticket
- Hand Signals
- Idea Spinner
- Index Card Summaries
- Inside-Outside Circle Discussion (Fishbowl)
- Journal Entry
- Misconception Check
- Observation
- One Minute Essay
- One Word Summary
- Portfolio Check
- Questions & Answers
- Quiz
- Self-Assessment
- Student Conference
- Think-Pair-Share
- Web or Concept Map

### **Authentic Assessments- Suggested**

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- - Class Participation
  - Class Work
  - Tests
  - Quizzes
  - Homework

### **Benchmark Assessments**

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### **STAGE 3- LEARNING PLAN**

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### **Instructional Map**

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- Do Now Activities
- Class Discussion
- Define Terms
- Read and Outline
- Complete Chapter Reviews
- Complete Worksheets: Nutrients at Work Vocabulary, Digestive Track at Work
- Nutrient Sources and Functions, Human Body Machine
- - Complete Worksheets: Carbohydrates Vocabulary, Carbohydrates Study Guide, Complex Carbos, Carbohydrate Classifieds
- - Complete Worksheets: Protein & Fats Vocabulary, Protein & Fats Study Guide, Low-Fat Favorites, Fats Fact Find, The Carbohydrates, Fiber, and Proteins You Need
- - Complete Worksheets: Vitamin and Mineral Sources, Vitamins and Minerals Vocabulary, Vitamins and Minerals Study Guide, Eat Your Vitamins, Where Are the Minerals?
- - Complete Worksheets: Mystery Nutrients, Water & Phytochemicals Vocabulary, Phyto Collage Water & Phytochemicals Study Guide, What is Your Water Intake?,
- Lecture Q & A
- Chapter Quiz
- Viewing “Winning Sports Nutrition” “Eating for Life” Video
- Lab Preparation and Job Assignment (Small Group Activity)
- Lab: Observe Teacher’s Demo
- Food Science Lab: Acids in Digestion
- Cooking Labs: Healthy Nutritional Snacks
- Coop. Learning
- Individual Learning
- Project: Traveling Diary of Hamburger, All about Food (A-Z) Poster
- Career: Nutrition Consultant
- - Viewing “The Carb Controversy- What are the Facts“ Video
  - Practical Test Lab Prep
  - Lab Preparation and Job Assignment (Small Group Activity)
  - Lab: Observe Teacher’s Demo
  - Food Science Lab: Artificial Sweeteners
  - Cooking Labs: Easy Baked Tortilla Chips, Orange Julius’, Spinach Dip
- - Viewing “Food and Fat” , “Childhood Nutrition: Preventing Obesity” Video
  - Lab Preparation and Job Assignment (Small Group Activity)
  - Lab: Observe Teacher’s Demo

- Food Science Lab: Properties of Gelatin
- - Lab Preparation and Job Assignment (Small Group Activity)
  - Lab: Observe Teacher's Demo
  - Food Science Lab: Function of Salt
  - Food Pyramid Bingo
  - Lab Preparation and Job Assignment (Small Group Activity)
  - Lab: Observe Teacher's Demo
  - Food Science Lab: Water in Foods

## **Modifications/Differentiation of Instruction**

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### **Modification Strategies**

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- Extended Time
- Frequent Breaks
- Highlighted Text
- Interactive Notebook
- Modified Test
- Oral Directions
- Peer Tutoring
- Preferential Seating
- Re-Direct
- Repeated Drill / Practice
- Shortened Assignments
- Teacher Notes
- Tutorials
- Use of Additional Reference Material
- Use of Audio Resources

### **Differentiation Strategies**

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### **High Preparation Differentiation**

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- Alternative Assessments

- Choice Boards
- Games and Tournaments
- Group Investigations
- Guided Reading
- Independent Research / Project
- Interest Groups
- Learning Contracts
- Leveled Rubrics
- Literature Circles
- Multiple Intelligence Options
- Multiple Texts
- Personal Agendas
- Project Based Learning (PBL)
- Stations / Centers
- Think-Tac-Toe
- Tiered Activities / Assignments
- Varying Graphic Organizers

## **Low Preparation Differentiation**

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- Choice of Book / Activity
- Cubing Activities
- Exploration by Interest (using interest inventories)
- Flexible Grouping
- Goal Setting With Student
- Homework Options
- Jigsaw
- Mini Workshops to Re-teach or Extend Skills
- Open-ended Activities
- Think-Pair-Share by Readiness, Interest, or Learning Style
- Use of Collaboration
- Use of Reading Buddies
- Varied Journal Prompts
- Varied Product Choice
- Varied Supplemental Materials
- Work Alone / Together

## **Horizontal Integration- Interdisciplinary Connections**

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## **Vertical Integration- Discipline Mapping**

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## **Additional Materials**

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