Nutrition and Cooking

Content Area: **Special Education**
Course(s):
Time Period: **September**
Length: **Full Year**
Status: **Published**

Enduring Understandings

- Using various I understand how to prepare healthy recipes.
- After participating in hands-on activities I can create a healthy meal using various resources.
- After participating in CBI trips and/or classroom activities I will successfully complete a shopping trip.
- After instruction, I will prepare a meal using a recipe.
- After participating in hands-on math activities, I will correctly buy and make change.

Essential Questions

- What is nutrition?
- What is food handling and food safety?
- What is a ¨smart shopper¨?
- What are the steps to preparing a recipe?
- How do I purchase items at a store using money or credit cards?

Content

- Will be chosen and/or designed based on the individual needs of each student. When choosing content, consideration will be given to each student´s current level of functioning as demonstrated through observation, interviews and standardized assessments such as the Washington State Life Skills Inventory Independent Living Assessment Tool and Ohioś Employability and Life Skills Assessment.
- Instruction will be differentiated with multiple entry points for diverse learners. The low ratio of teacher to students, in this class provides for each student's individual needs to be met and for the lesson to change to meet the needs of individual learning styles as the lesson progresses.

Skills

- Be able to create a food pyramid.
- Be able to prepare a meal following a given recipe.
- Be able to participate in Community Based Instruction (CBI) trips to explore the food industry.
- Be able to create a shopping list when given parameters.
- Be able to purchase goods and mke correct change.

Resources

Washington State Life Skills Inventory Independent Living Assessment Tool

Ohioś Employability and Life Skills Assessment

Standards

MA.2.MD.C	Work with time and money.
MA.2.MD.C.8	Solve word problems involving dollar bills, quarters, dimes, nickels, and pennies, using $ and ¢ symbols appropriately.
MA.3.MD	Measurement and Data
MA.3.MD.A.2	Measure and estimate liquid volumes and masses of objects using standard units of grams (g), kilograms (kg), and liters (l). Add, subtract, multiply, or divide to solve one-step word problems involving masses or volumes that are given in the same units, e.g., by using drawings (such as a beaker with a measurement scale) to represent the problem.
HPE.2.1.2.B	Nutrition
HPE.2.1.2.B.1	Explain why some foods are healthier to eat than others.
HPE.2.1.2.B.2	Explain how foods on MyPlate differ in nutritional content and value.
HPE.2.1.2.B.3	Summarize information about food found on product labels.
HPE.2.1.2.B.CS1	Choosing a balanced variety of nutritious foods contributes to wellness.
HPE.2.1.6.B.3	Create a daily balanced nutritional meal plan based on nutritional content, value, calories, and cost.