Nutrition & Cooking

Content Area: **Special Education**
Course(s):
Time Period: **September**
Length: **All school year**
Status: **Published**

Enduring Understandings

- Using various sources, 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

- Define: nutrition, food pyramid, food group, serving
- Name/identify food groups within the food pyramid.
- List/identify foods within specific food groups.
- Differentiate between healthy & unhealthy food.
- Create examples of nutritious meals based off of recommended serving sizes.
- Research healthy recipes to create a nutritious meal.

- Identify ways to make a selected recipe healthier.
- List necessary ingredients, appliances and cookware needed to successfully make selected recipes.
- Identify characteristics of a "smart shopper".
- Create a shopping list of ingredients needed to prepare selected recipe.
- Define "budget".
- Explain the importance of staying on budget.
- Identify/research ways to stay within a specified budget.
- Research sales and coupons that can be used based on an ingredient list.
- Navigate throughout foodstore successfully using directory and signs.
- Calculate total while completing shopping list to ensure budget is maintained by locating associated price tag.
- Bag groceries in an appropriate order to ensure safety when traveling.
- Identify perishable items from shopping list and place in appropriate places within the kitchen.
- Define: food safety, food handling, cross contamination, expiration date
- Explain/identify reasons why food safety is important (i.e. food born illnesses).
- Identify safety hazards presented in food preparation/food safety scenarios and provide solutions.
- Identify the first step of a recipe (i.e. preheat, soften butter).
- Follow steps in recipe in sequential order.
- List/identify ways to properly store left overs.
- List/idenitfy benefits of saving left overs.
- Research shelflife of specific leftovers.

Resources

Washington State Life Skills Inventory Independent Living Assessment Tool

Ohioś Employability and Life Skills Assessment

Standards

0xHPE.2.1.6.B.3	Create a daily balanced nutritional meal plan based on nutritional content, value, calories, and cost.
0xHPE.2.1.2.B.1	Explain why some foods are healthier to eat than others.
0xHPE.2.1.2.B.2	Explain how foods on MyPlate differ in nutritional content and value.
0xHPE.2.1.2.B.3	Summarize information about food found on product labels.
0xHPE.2.1.2.B.CS1	Choosing a balanced variety of nutritious foods contributes to wellness.
0xMA.2.2.MD.C.8	Solve word problems involving dollar bills, quarters, dimes, nickels, and pennies, using $ and ¢ symbols appropriately.
2.B.9	Demonstrate personal safety skills
HPE.2.1.12	All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.

HPE.2.1.12.A.1	Analyze the role of personal responsibility in maintaining and enhancing personal, family, community, and global wellness.
HPE.2.1.12.A.2	Debate the social and ethical implications of the availability and use of technology and medical advances to support wellness.
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.CS1	Applying basic nutritional and fitness concepts to lifestyle behaviors impacts wellness.
HPE.2.2.12.E.CS1	Potential solutions to health issues are dependent on health literacy and available resources.