Unit 2: Carbohydrates: Your primary energy source

Content Area: **Language Arts Literacy**
Course(s): **Food and Fitness**
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Enduring Understandings

There are many short and long term health benefits and risks associated with food consumption choices.

Healthy snacking helps you acquire essential nutrients and helps maintain energy levels and metabolism.

Choosing carbohydrate foods wisely and keeping portion size in mind will keep energy level and body weight maintained.

The art of cooking and baking combined with informed nutritional food choices sets the foundation for healthy living and wellness.

Following a recipe and accurate measuring techniques ensure successful food preparation outcomes.

Knowledge of how to utilize kitchen tools, follow a recipe and measure ingredients properly leads to healthy, tasty food.

Essential Questions

How can your health be affected by drinking healthy fluids frequently?

How do you differentiate between healthy and unhealthy snacks?

How do you distinguish between healthy and unhealthy beverages and snacks.

Why are carbohydrates the body’s preferred fuel?

Why should you consider the consequences of excessive as well as insufficient carbohydrate foods in your diet?

How can home cooking and baking indulge creativity and improve health?

Content

Vocabulary

Carbohydrates

Simple carbohydrates

Complex carbohydrates

Glycogen glucose

Carboloading

Additives

Natural

Synthetic

FDA

Snacks

Nutritious

Portion control

Water Dehydration

Sports drinks

GRAS list

Enriched

Fortified

Diuretic
Preferred Fuel

Skills

Explain the importance of water/healthy liquids in the diet.

Explain the importance of healthy snacking and be able to prepare healthy snacks.

Describe the problem of "portion distortion" and techniques that can be implemented to avoid it.

Explain the purpose of food additives and predict health concerns of consuming excessive food additives.

Describe the nutrient contribution and health benefits of carbohydrate foods.

Analyze the nutritional difference between simple and complex carbohydrates

Apply appropriate measuring and baking techniques and principles through a variety of lab experiences.

Prepare healthy beverages, snacks, quick breads and yeast breads.

Practice time management and safe food lab skills.

Resources

Guide to Good Food

Nutrition, Food and Fitness

Nutrition Action Newsletter

Eating Well: Where Good Taste Meets Good Health

Standards

1.2.1	Analyze potential career choices to determine the knowledge, skills, attitudes, and opportunities associated with each career.
1.2.3	Apply communication skills in school, community and workplace settings and with diverse populations.
8.5	Demonstrate professional food preparation methods and techniques for all menu

	categories to produce a variety of food products that meet customer needs.
8.5.3	Demonstrate knowledge of portion control and proper scaling and measurement techniques.
8.5.10	Prepare breads, baked goods and desserts using safe handling and professional preparation techniques.
9.3	Evaluate nutrition principles, food plans, preparation techniques and specialized dietary plans.
9.3.6	Critique the selection of foods to promote a healthy lifestyle.
14.2	Examine the nutritional needs of individuals and families in relation to health and wellness across the life span.
14.2.1	Evaluate the effect of nutrition on health, wellness and performance.
14.2.2	Analyze the relationship of nutrition and wellness to individual and family health throughout the life span.
14.2.4	Analyze sources of food and nutrition information, including food labels, related to health and wellness.
14.3	Demonstrate ability to acquire, handle, and use foods to meet nutrition and wellness needs of individuals and families across the life span.
14.3.3	Demonstrate ability to select, store, prepare, and serve nutritious, aesthetically pleasing food and food product.