Unit 3: Wonderful whole grains

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

Whole grains are better for you than processed grains.

Carbohydrates are good for you if you are careful about the types you choose and control portion sizes.

A diet high in whole grains helps protect you from heart disease and cancer, diabetes .

Awareness of whole grain and fiber food labeling information requirements leads to informed healthy food choices.

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

Essential Questions

What's the big deal about whole grains?

How can you fit whole grains into your daily diet?

How do you analyze the benefits and disadvantages of soluble and insoluble fiber?

How do you know if a food is whole grain and still high in fiber?

How do you keep grain foods low in fat and calories?

How can your health be affected if you don't get enough fiber in your diet?

How can home baking indulge creativity and improve health?

Content

Vocabulary

Grain

Whole grain

Germ

Bran

endosperm

fiber

Soluble Fiber

Insoluble Fiber

processed

carbohydrate

Pasta

Rice

Quick bread yeast bread

Baking

cereal

ready-to-eat

Skills

Explain the difference between whole grains and refined grains.

Identify the nutritional benefits of whole grains.

Identify various types of grain foods and ways to prepare them for meals and snacks.

Define fiber, describe the types of fiber and benefits of fiber in the diet

Prepare a variety of whole grain, high fiber foods.

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

Utilize food labels to evaluate personal fiber consumption.

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

FDA Website - https://www.fda.gov/

USDA Website - *https://www.usda.gov/*

Standards

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.
9.5	Demonstrate use of science and technology advancements in food product development and marketing.
9.5.6	Conduct sensory evaluations of food products.
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.