Unit 4: Avoiding the sugar rush: Sugar smarts

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

Current and future personal wellness is dependent upon applying nutrition related concepts and skills in everyday lifestyle behaviors.

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

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

Following a recipe and proper measurement of ingredients is crucial to successful baking outcomes.

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

Essential Questions

How can home baking indulge creativity and improve health?

What are the consequences of our choices in terms of wellness?

How can appropriate portion sizes be determined?

How can sugar be part of a healthy diet and lifestyle?

How do cookies and other desserts factor into a nutritious and well balanced diet?

Content

Vocabulary

Simple carbohydrates

Sugar

Glucose

Insulin

Diabetes Mellitus

Hypoglycemia

Refined

Natural

Fructose

Sucrose

Lactose

Non-caloric sweetener

Cookie

Candy

Tradition

Skills

Explain the difference between simple carbohydrate sugars and complex carbohydrate starches.

Identify the different types of sugar

Explain why sugars are not the best nutritional choice for energy.

Evaluate the role excessive sugar can play in a variety of health issues.

Utilize food labels to evaluate personal sugar consumption.

Define and use sugar vocabulary, i.e. mono/di/poly saccharides, glucose.

Prepare a variety of foods while evaluating sugar content and sugar reduction techniques.

Critique how food & nutrition advertising and food trends can affect the healthfulness of consumer food choices.

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

2.1	Demonstrate management of individual and family resources such as food, clothing, shelter, health care, recreation, transportation, time, and human capital.
2.1.3	Analyze decisions about providing safe and nutritious food for individuals and families.
8.5	Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer needs.
8.5.10	Prepare breads, baked goods and desserts using safe handling and professional preparation techniques.
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.
14.2.4	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.