Unit 7: Embracing heart healthy habits

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.

If your diet includes excessive sodium, fat and/or calories it can negatively affect your health.

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

There are many health benefits from maintaining a healthy weight.

Essential Questions

How can diet and preventative behaviors reduce heart health risk factors?

How do my eating habits affect my heart health?

How do fat types and cholesterol affect my heart health?

Why is it important to identify the lifestyle factors that affect weight management?

How can fad diets put my health at risk?

How can recipes be creatively altered to reduce fat and sodium?

Who are the villains in your diet and lifestyle and how can you capture and rehabilitate them in your society?

Content

Weight control
Fad Diet

Calorie
Body Composition
Fat gram
Satiety
Risk factors
Adipose Tissue
BMI
Subcutaneous Fat
Metabolism
Energy Excess
Special Diet
Cholesterol
Fat
Saturated fat

Trans fat

Sodium

Omega 3's

Heart disease

Unsaturated fat

Hypertension

Atherosclerosis

Plaque

Triglycerides

Skills

Identify heart health risk factors

Plan and prepare foods for special diets including low fat, low cholesterol and low sodium.

Describe the differences between saturated, unsaturated fat, and omega 3 fatty acids.

Explain the health issues caused by excess fat, cholesterol and sodium in the diet.

Explain the role fat plays in heart health.

Explain the importance of weight control and be able to prepare low calorie foods.

Make food choices and prepare foods that are heart healthy.

Explain the importance of maintaining a healthy weight.

Identify factors that influence a person's weight.

Explain guidelines for safe, healthy weight control.

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/*

American Heart Association - -https://www.heart.org/

Maintaining a Healthy Heart DVD

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.
8.5.7	Prepare various fruits, vegetables, starches, legumes, dairy products, fats, and oils using safe handling and professional preparation techniques.
8.5.14	Demonstrate cooking methods that increase nutritional value, lower calorie and fat content, and utilize herbs and spices to enhance flavor.
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.
14.3	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.