Unit 5: Color Yourself healthy with vitamin/mineral

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

Time Period: January
Length: 10 blocks
Status: Published

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Eating a	variety	of colorful	fruits and	vegetables	promotes	good health	and we	ellness and	d helps j	prevents
disease.										

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 is lacking fruits and vegetables it can negatively affect your health.

If your diet is lacking milk and milk products it can negatively affect your health.

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

Essential Questions

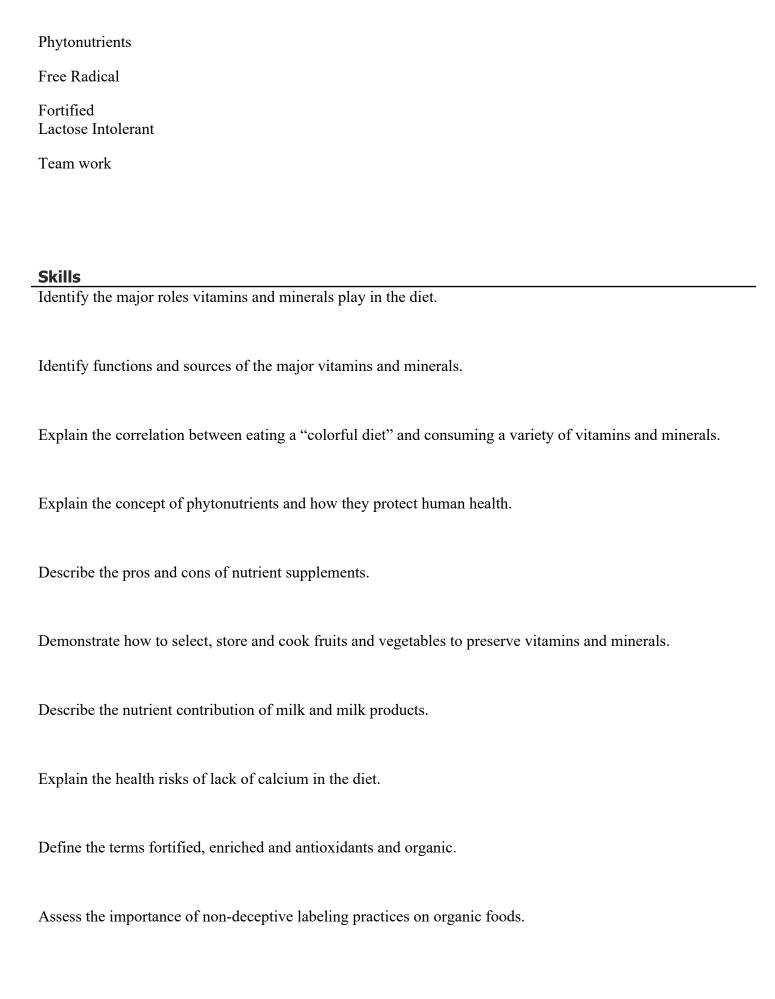
How do **phytonutrients** protect your health and where are they found?

How can fruit and vegetable consumption protect human health?

How can understanding cooking techniques help retain the maximum amount of nutrients in food?

Why should we consider a "colorful" diet when making food choices daily?
Why is it so important for teens to get adequate calcium in their diet?
How can you get adequate calcium in your diet?
Why should we consider lifestyle changes that lead to wellness when we are in our teens?
Content
Vocabulary
Vitamin
Mineral
Fat Soluble
Water Soluble
Colorful diet
5-a-day
Fruit
Vegetable
Organic
Milk
Lactose
Deficiency
Osteoporosis
Supplements
Mineral
Macromineral
Micromineral

How can your health be affected if you don't consume enough calcium rich foods and beverages?



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/

Color Power: Fruits & Vegetables DVD

Standards

FCSE.9-12.2.1	Demonstrate management of individual and family resources such as food, clothing, shelter, health care, recreation, transportation, time, and human capital.
FCSE.9-12.2.1.3	Analyze decisions about providing safe and nutritious food for individuals and families.
FCSE.9-12.8.5	Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer needs.
FCSE.9-12.8.5.7	Prepare various fruits, vegetables, starches, legumes, dairy products, fats, and oils using safe handling and professional preparation techniques.
FCSE.9-12.8.5.14	Demonstrate cooking methods that increase nutritional value, lower calorie and fat content, and utilize herbs and spices to enhance flavor.
FCSE.9-12.14.2	Examine the nutritional needs of individuals and families in relation to health and wellness across the life span.
FCSE.9-12.14.2.1	Evaluate the effect of nutrition on health, wellness and performance.
FCSE.9-12.14.2.2	Analyze the relationship of nutrition and wellness to individual and family health throughout the life span.
FCSE.9-12.14.3	Demonstrate ability to acquire, handle, and use foods to meet nutrition and wellness needs of individuals and families across the life span.
FCSE.9-12.14.3.3	Demonstrate ability to select, store, prepare, and serve nutritious, aesthetically pleasing food and food product.