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**

Transfer

Eating a variety of colorful fruits and vegetables promotes good health and wellness and helps 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?

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

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

Phytonutrients

Free Radical

Fortified
Lactose Intolerant

Team work

Skills

Identify the major roles vitamins and minerals play in the diet.

Identify functions and sources of the major vitamins and minerals.

Explain the correlation between eating a “colorful diet” and consuming a variety of vitamins and minerals.

Explain the concept of phytonutrients and how they protect human health.

Describe the pros and cons of nutrient supplements.

Demonstrate how to select, store and cook fruits and vegetables to preserve vitamins and minerals.

Describe the nutrient contribution of milk and milk products.

Explain the health risks of lack of calcium in the diet.

Define the terms fortified, enriched and antioxidants and organic.

Assess the importance of non-deceptive labeling practices on organic foods.

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

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.
8.5.7	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.
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.