Unit 6: Protein power: Not powder

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 is lacking protein sources 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 obtaining protein from foods rather than from powders.

Be cautious of the fat type and content when choosing protein foods.

Essential Questions

How do you find out if you consume enough protein?

Why isn’t there an RDA for protein?

How does obtaining your protein from foods rather than from protein drinks and powders, benefit you?

Why is protein important to good health?

If this unit “protein” was a story, who are the main characters and what’s the moral of the story?

How can knowledge and expertise in protein food preparation be utilized beyond high school?

Why is consuming animal protein a health concern?

Why is consuming animal protein a question of ethics?

Content

Vocabulary

Protein

Amino acids

RDA

Complete Protein

Incomplete Protein

Meat

Poultry

Seafood

Legumes

Protein Alternatives

Vegetarian

Vegan

Lacto Vegetarian

Lacto Ovo Vegetarian

USDA

Essential amino acids

Complementary Protein

Protein Powder

Legumes

Skills

Identify the functions of proteins in the human body.

Explain the difference between complete and incomplete proteins.

Define and describe essential amino acids.

Identify animal and plant sources of protein.

Calculate personal daily protein needs.

Describe health problems associated with protein deficiencies and protein excesses.

Identify and describe the types of vegetarianism and how the vegetarian meets nutritional needs.

Properly prepare protein foods; i.e.; meats, poultry, seafood, eggs and complimentary proteins.

Differentiate between high and low fat and cholesterol protein sources.

Describe healthy cooking methods for protein 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/*

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.
8.5.3	Demonstrate knowledge of portion control and proper scaling and measurement techniques.
8.5.5	Prepare various meats, seafood, and poultry 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.