Unit 8: Savvy shopping and meal planning

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 predominately fast food, take out and frozen dinners 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 preparing your own meals because ingredients and nutrition values can be controlled.

Essential Questions

How is the relationship between a knowledgeable consumer and healthful living related?

How do you make a meal tasty, yet nutritious?

Why should I prioritize nutrition/health when making food choices?

How does information on a nutrition facts label help me determine the best food choices?

How do I overcome negative influences on food choices?

How do I evaluate media advertising information as truth or hype?

How do I effectively manipulate ingredients and directions in a recipe to enhance the healthfulness of my

meals?

How can you alter a busy lifestyle to incorporate healthy living alternatives to fast food?

Content

Vocabulary:

Advertising

Food label

Nutrition Facts

Daily value

Enriched

fortified

Convenience food

Additives

FDA

Impulse buying
Net Weight

Ingredients

Meal Appeal factors

Fast food

Microwave

Media

Skills

Plan menus that include a variety of food flavors, colors, textures, shapes, sizes , and temperatures.

Utilize the Food Guide Pyramid, the Dietary Guidelines for Americans, and meal patterns to plan nutritious

menus for the family.

Identify methods to save time, money and energy when planning and preparing meals.

Explain how advertising, food packaging, organic foods and food trends affect prices and consumer choices.

Use information on food labels to make healthful food choices.

Analyze nutritious options to fast food and take out meals.

Prepare quick nutritious foods that are alternatives to fast food and take out meals.

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.
3.5	Demonstrate skills needed for product development, testing, and presentation.
3.5.1	Conduct market research to determine consumer trends and product development needs for diverse populations.
3.5.2	Design or analyze a consumer product.

3.5.6	Evaluate the labeling, packaging, and support materials of consumer goods.
3.5.7	Demonstrate a plan to educate an audience about a new product on the consumer market.
8.4	Demonstrate menu planning principles and techniques based on standardized recipes to meet customer needs.
8.4.2	Apply menu-planning principles to develop and modify menus.
8.5	Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer needs.
8.5.14	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.
9.5	Demonstrate use of science and technology advancements in food product development and marketing.
9.5.1	Analyze various factors that affect food preferences in the marketing of food to a variety of populations.
9.5.3	Prepare food for presentation and assessment.
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.
14.2.4	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.