Unit 1: Nutrition- Your Passport to Wellness

Content Area: **Family and Consumer Sciences**
Course(s): **Food and Fitness**
Time Period: **September**
Length: **8 blocks**
Status: **Published**

Transfer

Nutrition - Your passport to wellness and healthy living

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 and lifestyle choices.

Personal actions, attitudes, behaviors, knowledge and skills promote self awareness, personal responsibility, safety and self direction toward a healthy lifestyle.

Lack of awareness of laws and rules may lead to unsafe situations and chaos.

Personal actions have an effect on your safety and well being.

Knowledge of how to utilize kitchen tools, follow a recipe and measure ingredients properly leads to healthy, tasty food.

Essential Questions

Why do we eat?

Why should we consider lifestyle changes that lead to wellness when we are in our teens?

How is our wellness affected by our daily choices?

Why should proper food handling techniques be followed in food preparation?

How is kitchen safety and sanitation a personal and societal responsibility?

How do I create a safe kitchen?

How would food be affected, if recipes didn't exist?

How could the outcome of food preparation efforts be affected, if measuring techniques varied from household to household?

Learning Objectives

Explain the importance of good nutrition and the impact it has on physical and mental health.

Identify the factors that affect personal food choices.

Identify the key nutrients in foods and explain their function in the body.

Identify the *My Plate* food groups, and the nutrient contribution of each.

Explain how food becomes nutrients the body can use; the steps and process of digestion.

Analyze personal eating habits, make predictions about personal wellness and recommend behavior changes to improve lifelong wellness.

Develop and practice productive and safe food lab skills.

Analyze food borne illness factors, including causes, risk foods and methods of prevention.

Identify and properly use food lab tools and recipes.

Content

Wellness

Nutrition

Nutrient

Nutrient dense

Digestion

My Pyramid

RDA

Diet

Food Diary

Quality of Life

Values

Wellness Continuum

Safety

Sanitation

Recipe

Measuring

Utensils

Manners

Teamwork

Standards

8.2	Demonstrate food safety and sanitation procedures.
8.2.7	Demonstrate safe food handling and preparation techniques that prevent cross contamination from potentially hazardous foods and food groups.
8.3	Demonstrate industry standards in selecting, using, and maintaining food production and food service equipment.
8.3.6	Identify a variety of types of equipment for food processing, cooking, holding, storing, and serving.
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.
9.2	Apply risk management procedures to food safety, food testing, and sanitation.
9.2.1	Analyze factors that contribute to food borne illness.
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.
14.1	Analyze factors that influence nutrition and wellness practices across the life span.
14.1.1	Explain physical, emotional, social, psychological, cultural, and spiritual components of individual and family wellness.
14.1.2	Investigate the effects of psychological, cultural, and social influences on food choices and other nutrition practices.
14.2	Examine the nutritional needs of individuals and families in relation to health and wellness across the life span.
14.2.2	Analyze the relationship of nutrition and wellness to individual and family health throughout the life span.