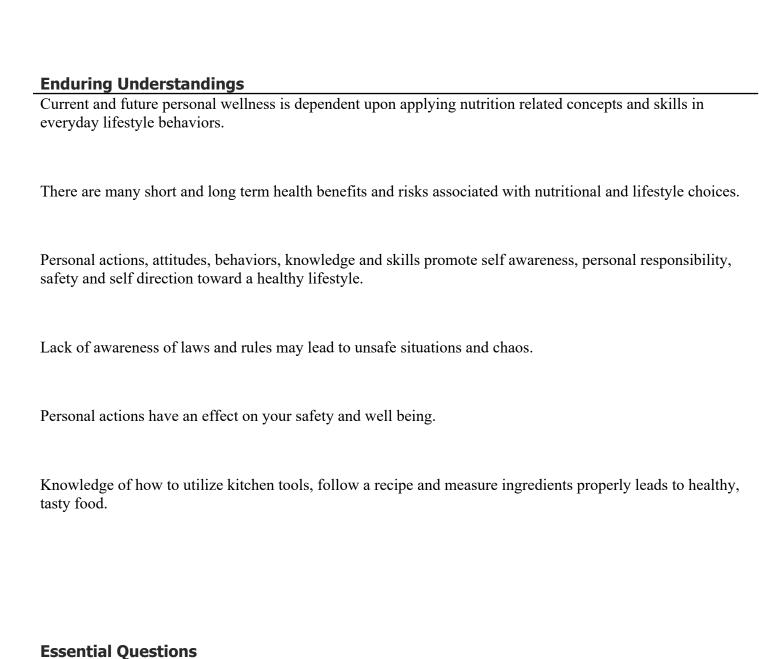
# **Unit 1 - Nutrition: Your Passport to Wellness**

Content Area: Family and Consumer Sciences

Course(s): Fun with Food
Time Period: September
Length: 3 Weeks
Status: Published

_	
ncto	
 11516	

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?
Content
Content
Content  Vocabulary  Vocabulary
Vocabulary
Vocabulary Vocabulary
Vocabulary Vocabulary Wellness
Vocabulary Vocabulary Wellness Nutrition
Vocabulary Vocabulary Wellness Nutrition Nutrient
Vocabulary Vocabulary Wellness Nutrition Nutrient Nutrient dense

Diet
Food Diary
Quality of Life
Values
Wellness Continuum
Safety
Sanitation
Recipe
Measuring
Utensils
Manners
Teamwork
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.

#### Resources

A variety of resources will be used for the lessons in this unit including teacher notes, Powerpoint presentations, relevent periodical articles and nutrition websites including www.supertracker/usda.gov

## **Standards**

# NSFACS: National FACS Standards NSFACS: All Grades Food Production & Services

- 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, between raw and ready-to-eat foods, and between animal and fish sources and other food products.
- 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, including hand tools and small ware.
- 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 Utilize weights and measurement tools to demonstrate knowledge of portion control and proper scaling and measurement techniques.

### **Food Science, Dietetics & Nutrition**

- 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.

### **Nutrition & Wellness**

Comprehensive Standard Demonstrate nutrition and wellness practices that enhance individual and family well-being.

- 14.1 Analyze factors that influence nutrition and wellness practices across the life span.
- 14.1.1 Explain physical, emotional, social, psychological, and spiritual components of individual and family wellness.
- 14.1.2 Analyze the effects of psychological, cultural, and social influences on food choices and other nutrition practices.
- 14.2 Evaluate 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.