# Unit 2 - Carbohydrates: Your Primary Energy Source

Content Area: **Family and Consumer Sciences**
Course(s): **Fun with Food**
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## Transfer

Carbohydrates are starches, sugars and fibers in the diet. Healthy carbohydrates are the body's preferred fuel and are an important part of good health.

## Enduring Understandings

There are many short and long term health benefits and risks associated with food consumption choices.

Healthy snacking helps you acquire essential nutrients and helps maintain energy levels and metabolism.

Choosing carbohydrate foods wisely and keeping portion size in mind will keep energy level and body weight maintained.

The art of cooking and baking combined with informed nutritional food choices sets the foundation for healthy living and wellness.

Following a recipe and accurate measuring techniques ensure successful food preparation outcomes.

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

## Essential Questions

How can your health be affected by drinking healthy fluids frequently?

How do you differentiate between healthy and unhealthy snacks?

How do you distinguish between healthy and unhealthy beverages and snacks.

Why are carbohydrates the body's preferred fuel?

Why should you consider the consequences of excessive as well as insufficient carbohydrate foods in your diet?

How can home cooking and baking indulge creativity and improve health?

## Content

## Vocabulary

Carbohydrates

Simple carbohydrates

Complex carbohydrates

Glycogen glucose

Carboloading

Additives

Natural

Synthetic

FDA

Snacks

Nutritious

Portion control

Water Dehydration

Sports drinks

GRAS list

Enriched

Fortified

Diuretic
Preferred Fuel

## Learning Objectives

Explain the importance of water/healthy liquids in the diet.

Explain the importance of healthy snacking and be able to prepare healthy snacks.

Describe the problem of "portion distortion" and techniques that can be implemented to avoid it.

Explain the purpose of food additives and predict health concerns of consuming excessive food additives.

Describe the nutrient contribution and health benefits of carbohydrate foods.

Analyze the nutritional difference between simple and complex carbohydrates

Apply appropriate measuring and baking techniques and principles through a variety of lab experiences.

Prepare healthy beverages, snacks, quick breads and yeast breads.

Practice time management and safe food lab skills.

## Resources

## Standards