

Unit 8: Nutrition Basics

Content Area: **Family and Consumer Science**
Course(s): **Family & Consumer Sciences I**
Time Period: **5 weeks**
Length: **Weeks**
Status: **Published**

Unit Overview

Students will be able to understand why healthy eating patterns are important in the teen years.

Transfer

Students will be able to independently use their learning to:

- Understand the various nutrients in food and it's impact on health.

Meaning

Understandings

Students will understand:

- The impact of nutrients found in food.
- The role of carbohydrates in the body.
- The role of fats and proteins in the body.
- The role of vitamins and minerals in the body.
- The Dietary Guidelines for Americans.

Essential Questions

Students will keep considering:

- How healthy eating patterns in teens is related to good health.

Application of Knowledge and Skill

Students will know...

Students will know:

- The various nutrients and the foods they are found in.
- The importance of carbohydrates and the role it plays in the body.
- The importance of fats and proteins and the role it plays in the body.
- The importance of vitamins and minerals and the role it plays in the body.
- How to understand and use the Dietary Guidelines for Americans in daily eating.

Students will be skilled at...

Students will be skilled at:

- Choosing nutritious foods that are right for them.
- Determining the amount of carbohydrates they need and how to obtain them.
- Determining the amount of fats and proteins they need and how to obtain them.
- Determining the amount of vitamins and minerals they need and how to obtain them.
- Understanding and using the Dietary Guidelines for Americans in daily eating.

Academic Vocabulary

Digestion

Absorption

Adequate intake

Anemia

Basal metabolism

Calorie

Dietary Reference Intakes

Digestion

Enzyme

Esophagus

Malnutrition

Metabolism

Pancreas

Peristalsis

Recommended Dietary Allowances

Villi

Carbohydrates

Carbohydrates

Chlorophyll

Complex Carbohydrates

Dietary fiber

Simple Carbs

Starches

Sugars

Fats and Proteins

Amino acids

Cholesterol

Complete protein

Essential amino acids

Fatty acids

HDL

Incomplete proteins

LDL

Lipoproteins

Saturated fatty acid

Trans fats

Triglycerides

Vitamin and Minerals

Antioxidants

Fat-soluble vitamins

Hypertension

Iron-deficiency anemia

Osteoporosis

Pica

Trace minerals

Water-soluble vitamins

Dietary Guidelines

Daily Value

Dietary Guidelines for Americans

Dietary supplements

Herbals

Nutrient density

Nutrition Facts Panel

Learning Goal 1

Students will demonstrate knowledge of nutrients found in food.

- Students will demonstrate knowledge of nutrients found in food.

TECH.K-12.1.6	Creative Communicator
FAM.9-12.9.3	Evaluate nutrition principles, food plans, preparation techniques and specialized dietary plans.
FAM.9-12.9.4	Apply basic concepts of nutrition and nutritional therapy in a variety of settings.
FAM.9-12.9.6	Demonstrate food science, dietetics, and nutrition management principles and practices.
FCSE.9-12.9.3.1	Analyze nutrient requirements across the life span addressing the diversity of people, culture, and religions.
FCSE.9-12.9.3.2	Analyze nutritional data.
FCSE.9-12.9.4.1	Analyze nutritional needs of individuals.
FCSE.9-12.9.4.3	Determine when to provide a selective menu approach in nutrition therapy settings.
FCSE.9-12.9.4.5	Design instruction on nutrition to promote wellness and disease prevention.
FCSE.9-12.9.7.1	Explain the properties of elements, compounds, and mixtures in foods and food products.

Target 1

Explain the impact of nutrients on the body and their health.

- Explain the impact of nutrients on the body and their health.

Target 2

Summarize the steps in the digestion process.

- Summarize the steps in the digestion process.

Target 3

Explain how nutrients are absorbed, transported, and stored in the body.

- Explain how nutrients are absorbed, transported, and stored in the body.

Learning Goal 2

Students will demonstrate knowledge of carbohydrates and how they are digested.

- Students will demonstrate knowledge of carbohydrates and how they are digested.

TECH.K-12.1.6	Creative Communicator
FAM.9-12.9.6	Demonstrate food science, dietetics, and nutrition management principles and practices.
FCSE.9-12.8.5.14	Demonstrate cooking methods that increase nutritional value, lower calorie and fat content, and utilize herbs and spices to enhance flavor.
FCSE.9-12.9.0	Food Science, Dietetics, and Nutrition
FCSE.9-12.9.3.2	Analyze nutritional data.
FCSE.9-12.9.3.6	Critique the selection of foods to promote a healthy lifestyle.
FCSE.9-12.9.3.7	Plan menus, applying the exchange system to meet various nutrient needs.
FCSE.9-12.9.7.1	Explain the properties of elements, compounds, and mixtures in foods and food products.
FCSE.9-12.9.7.4	Explain the impact of molecular structure of simple and complex carbohydrates on digestion, nutrition, and food preparation procedures.

Target 1

Identify what type of carbohydrates are provided by different plant foods.

- Identify what type of carbohydrates are provided by different plant foods.

Target 2

Explain the role of carbohydrates in the diet.

- Explain the role of carbohydrates in the diet.

Target 3

Identify ways in which carbohydrates are acquired.

- Identify ways in which carbohydrates are acquired.

Learning Goal 3

Students will demonstrate knowledge of proteins and fats and how they are digested.

- Students will demonstrate knowledge of proteins and fats and how they are digested.

TECH.K-12.1.5	Computational Thinker
TECH.K-12.1.6	Creative Communicator
FAM.9-12.9.4	Apply basic concepts of nutrition and nutritional therapy in a variety of settings.
FCSE.9-12.8.5.14	Demonstrate cooking methods that increase nutritional value, lower calorie and fat content, and utilize herbs and spices to enhance flavor.
FCSE.9-12.9.0	Food Science, Dietetics, and Nutrition
FCSE.9-12.9.3.1	Analyze nutrient requirements across the life span addressing the diversity of people, culture, and religions.
FCSE.9-12.9.3.2	Analyze nutritional data.
FCSE.9-12.9.3.6	Critique the selection of foods to promote a healthy lifestyle.
FCSE.9-12.9.7.5	Relate the composition of lipids and proteins to their functions in foods and their impact on food preparation and nutrition. Integrate knowledge, skills, practices required for careers in food science, food technology, dietetics, and nutrition.

Target 1

Explain how proteins and fats are digested.

- Explain how proteins and fats are digested.

Target 2

Summarize the role of proteins and fats in the body.

- Summarize the role of proteins and fats in the body.

Target 3

Identify ways in which fats and proteins are acquired.

- Identify ways in which fats and proteins are acquired.

Learning Goal 4

Students will demonstrate knowledge of vitamins and minerals and how they are digested.

- Students will demonstrate knowledge of vitamins and minerals and how they are digested.

TECH.K-12.1.3	Knowledge Constructor
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CRP.K-12.CRP1	Act as a responsible and contributing citizen and employee.
CRP.K-12.CRP11	Use technology to enhance productivity.
FAM.9-12.9.4	Apply basic concepts of nutrition and nutritional therapy in a variety of settings.
FCSE.9-12.8.5.14	Demonstrate cooking methods that increase nutritional value, lower calorie and fat content, and utilize herbs and spices to enhance flavor.
FCSE.9-12.9.3.2	Analyze nutritional data.
	Integrate knowledge, skills, practices required for careers in food science, food technology, dietetics, and nutrition.

Target 1

Explain how vitamins and minerals are digested.

- Explain how vitamins and minerals are digested.

Target 2

Summarize the role of vitamins and minerals in the body.

- Summarize the role of vitamins and minerals in the body.

Target 3

Identify ways in which vitamins and minerals are acquired.

- Identify ways in which vitamins and minerals are acquired.

Learning Goal 5

Students will demonstrate knowledge of the Dietary Guidelines for Americans.

- Students will demonstrate knowledge of the Dietary Guidelines for Americans.

CRP.K-12.CRP2	Apply appropriate academic and technical skills.
CRP.K-12.CRP7	Employ valid and reliable research strategies.
CRP.K-12.CRP8	Utilize critical thinking to make sense of problems and persevere in solving them.
FAM.9-12.9.3	Evaluate nutrition principles, food plans, preparation techniques and specialized dietary plans.
FCSE.9-12.9.3	Evaluate nutrition principles, food plans, preparation techniques and specialized dietary plans.
FCSE.9-12.9.3.1	Analyze nutrient requirements across the life span addressing the diversity of people, culture, and religions.
FCSE.9-12.9.3.2	Analyze nutritional data.
FCSE.9-12.9.3.3	Apply principles of food production to maximize nutrient retention in menus.

FCSE.9-12.9.3.4	Assess the influence of cultural, socioeconomic and psychological factors on food and nutrition and behavior.
FCSE.9-12.9.3.6	Critique the selection of foods to promote a healthy lifestyle.
FCSE.9-12.9.3.7	Plan menus, applying the exchange system to meet various nutrient needs.
FCSE.9-12.9.4.5	Design instruction on nutrition to promote wellness and disease prevention.

Target 1

Explain how the Dietary Guidelines promote good health.

- Explain how the Dietary Guidelines promote good health.

Target 2

Explain how the USDA Food Guide can guide healthful eating.

- Explain how the USDA Food Guide can guide healthful eating.

Target 3

Describe the use of the Nutrition Facts panel.

- Describe the use of the Nutrition Facts panel.

Summative Assessment

Presentations

Portfolios

Production assignments

Projects

Unit Test

Formative Assessment and Performance Opportunities

Chapter review questions

Class Discussion

Class participation

Computer simulation activities

Exit Tickets

Homework

Internet activities

Section review questions

Self-Assessment

Teacher Directed Q&A

Teacher Observation of computer use

Workbook activities

Accommodations/Modifications

- Provide reading level appropriate text on health and nutrition.
- provide visual resources including online videosto supplement readings.
- provide charts and handouts with visuals and simple terms relating to nutrition and wellness

Unit Resources

Textbooks and Workbooks

Food for Today – textbook

Food for Today – student workbook

Food for Today – Re-teaching activities

Adventures in Food and Nutrition – textbook

Adventures in Food and Nutrition – student workbook

CD/DVD/VHS/TV

Exam view Pro CD-ROM

Food Network's Good Eats – Alton Brown

Food Network's Unwrapped – Marc Summers

Discovery Channel's The Colony: S2

Food Network's Ace of Cakes

Super-Size Me

Food Inc.

Ratatouille

Magazines/Periodicals/Newsletters

Food Network Magazine

HGTV Magazine

Taste of Home Magazine

A Goldy Bear Culinary Mystery Series by Diane Mott Davidson

Miserly Moms: Living on One Income in a Two Income Economy - Jonni McCoy

Deceptively Delicious – Jessica Seinfeld

Double Delicious – Jessica Seinfeld

Where's Mom Now That I Need Her: Surviving Away From Home - Betty Rae Frandsen,

Internet

www.google.com

www.bankrate.com

www.choosemyplate.gov

www.cdc.gov

www.myfitnesspal.com

www.prezi.com

www.powtoons.com

www.voki.com

<https://sites.google.com/a/monroetwp.k12.nj.us/mrs-lolli-facs/>

www.googleclassroom.com

www.Food.com

<http://topsecretrecipes.com>

<https://www.bettycrocker.com/>

www.kidswithfoodallergies.org

<https://allergicliving.com/recipes>

www.foodallergiesrecipebox.com

www.wholesomebabyfood.momtastic.com

<http://jessicaseinfeld.com/recipes>