

# Unit 04: Health and Wellness

Content Area: **Family and Consumer Science**  
Course(s): **Family & Consumer Science II**  
Time Period: **4 weeks**  
Length: **Weeks**  
Status: **Published**

## Unit Overview

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Students will be able to understand why poor dietary and fitness choices jeopardize health.

## Transfer

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Students will be able to independently use their learning to:

- Demonstrate knowledge of food, fitness, and overall health.

## Meaning

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## Understandings

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Students will understand:

- How diet and exercise combine to improve overall health
- The various eating disorders, their symptoms, and treatment.
- The various food allergies and their symptoms.
- How to analyze the nutritional value of their own food intake.
- Meal planning factors and how to use them in devising well-balanced, appealing meals.

## **Essential Questions**

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Students will keep considering:

- The ways we jeopardize our health when we make poor dietary decisions and fitness choices.

## **Application of Knowledge and Skill**

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### **Students will know...**

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Students will know:

- How to identify diet and exercise combine to improve overall health
- How to identify the various eating disorders, their symptoms, and treatment.
- How to identify the various food allergies and their symptoms.
- The steps to analyze the nutritional value of their own food intake.
- Factors involved in meal planning and how to use them in devising well-balanced, appealing meals.

### **Students will be skilled at...**

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Students will be skilled at:

- Combining diet and exercise to improve overall health
- Recognizing the various eating disorders, their symptoms, and treatment.
- Recognizing the various food allergies and their symptoms.
- Analyzing the nutritional value of their own food intake.
- Devising well-balanced, appealing meals based on various meal planning factors.

## **Academic Vocabulary**

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### **Keeping a Healthy Weight**

Aerobic Exercise

Anaerobic Exercise

Behavior Modification

Body Fat Percentage

Body Mass Index (BMI)

Fad Diet

### **Health Challenges**

Anorexia Nervosa

Binge Eating Disorder

Bulimia Nervosa

Chronic

Diabetes

Eating Disorders

Food Allergy

Food Intolerance

HIV/AIDS

Stress

### **Life-Span Nutrition**

Colostrum  
Fetus  
Lactation  
Life Span  
Miscarriage  
Obstetrician  
Pediatrician  
Peer Pressure

## Eating Patterns

Eating Pattern  
Entree  
Grazing  
Resources  
Values

## Learning Goal 1

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Students will demonstrate knowledge of food, fitness, and overall health.

CRP.K-12.CRP2	Apply appropriate academic and technical skills.
FCSE.9-12.7.4	Analyze the impact of conditions that could influence the well-being of individuals and families.
FCSE.9-12.7.4.1	Investigate health, wellness, and safety issues of individual and families with a variety of conditions that could influence their well-being.
FCSE.9-12.7.5.1	Describe needs and accommodations for people with a variety of conditions that could affect their well-being.
FCSE.9-12.8.4	Demonstrate menu planning principles and techniques based on standardized recipes to meet customer needs.
FCSE.9-12.8.4.2	Apply menu-planning principles to develop and modify menus.

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.9-12.9.1.4	Analyze the correlation between food science, dietetics, and nutrition occupations and local, state, national, and global economies.
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.9-12.9.3.4	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.9-12.9.4.1	Analyze nutritional needs of individuals.
FCSE.9-12.9.4.4	Construct a modified diet based on nutritional needs and health conditions.
FCSE.9-12.9.6	Demonstrate food science, dietetics, and nutrition management principles and practices.
FCSE.9-12.9.6.1	Build menus to customer/client preferences.
FCSE.9-12.14.1	Analyze factors that influence nutrition and wellness practices across the life span.
FCSE.9-12.14.2	Examine the nutritional needs of individuals and families in relation to health and wellness across the life span.
FCSE.9-12.14.2.1	Evaluate the effect of nutrition on health, wellness and performance.
FCSE.9-12.14.2.4	Analyze sources of food and nutrition information, including food labels, related to health and wellness.
FCSE.9-12.14.3	Demonstrate ability to acquire, handle, and use foods to meet nutrition and wellness needs of individuals and families across the life span.
FCSE.9-12.14.3.1	Apply current dietary guidelines in planning to meet nutrition and wellness needs.
FCSE.9-12.14.3.2	Design strategies that address the health and nutritional recommendations for individuals and families, including those with special needs.
FCSE.9-12.14.3.3	Demonstrate ability to select, store, prepare, and serve nutritious, aesthetically pleasing food and food product.

## **Target 1**

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Identify how diet and exercise can combine to improve overall health.

## **Target 2**

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Identify various eating disorders, their symptoms, and treatment.

## **Target 3**

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Identify various food allergies and their symptoms.

#### **Target 4**

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Analyze the nutritional value of their own food intake.

#### **Target 5**

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Identify meal planning factors and use them in devising well-balanced, appealing meals.

#### **Summative Assessment**

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Presentations

Portfolios

Production assignments

Projects

Unit Test

#### **Formative Assessment and Performance Opportunities**

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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

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## **Accommodations/Modifications**

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

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## **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](http://www.google.com)

[www.bankrate.com](http://www.bankrate.com)

[www.choosemyplate.gov](http://www.choosemyplate.gov)

[www.cdc.gov](http://www.cdc.gov)

[www.myfitnesspal.com](http://www.myfitnesspal.com)

[www.prezi.com](http://www.prezi.com)

[www.powtoons.com](http://www.powtoons.com)

[www.voki.com](http://www.voki.com)

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

[www.googleclassroom.com](http://www.googleclassroom.com)

[www.Food.com](http://www.Food.com)

<http://topsecretrecipes.com>

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

[www.kidswithfoodallergies.org](http://www.kidswithfoodallergies.org)



<https://allergicliving.com/recipes>

[www.foodallergiesrecipebox.com](http://www.foodallergiesrecipebox.com)

[www.wholesomebabyfood.momtastic.com](http://www.wholesomebabyfood.momtastic.com)

<http://jessicaseinfeld.com/recipe>