

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

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

Transfer

Students will be able to independently use their learning to:

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

Meaning

Understandings

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

Students will keep considering:

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

Application of Knowledge and Skill

Students will know...

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...

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

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

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.

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| 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

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

Target 2

Identify various eating disorders, their symptoms, and treatment.

Target 3

Identify various food allergies and their symptoms.

Target 4

Analyze the nutritional value of their own food intake.

Target 5

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

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/recipe>