

# Unit 3: Nutrition & Cooking

Content Area: **Generic Content Area**  
Course(s): **Generic Course**  
Time Period: **Generic Time Period**  
Length: **Weeks**  
Status: **Published**

## Unit Overview

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Students will be able to attend to their physical well-being through planning, preparation, and execution of healthy meals.

## Transfer

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Students will be able to independently use their learning to...

- determine the components of a healthy plate.
- identify, clean and safely use kitchen tools.
- plan and prepare a healthy snack.
- plan and prepare a meal.
- plan and prepare a series of meals.

What kinds of long term, independent accomplishments are desired?

- Students should be able to independently and appropriately plan, prepare and execute a healthy meal or snack.

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For more information, read the following article by Grant Wiggins.

[http://www.authenticeducation.org/ae\\_bigideas/article.lasso?artid=60](http://www.authenticeducation.org/ae_bigideas/article.lasso?artid=60)

## Meaning

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## **Understandings**

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Students will understand ..

- the guidelines for a healthy plate (My Plate model).
- how to identify, safely use, and clean a variety of kitchen tools.
- the need to plan for healthy snacks and meals.
- the need to prepare healthy snacks and meals .

-What inferences should they make/grasp/realize?

- Eating healthy meals and snacks will help to prolong a person's life.
- Eating healthy meals and snacks will help a person maintain a healthy weight.
- Planning for meals will save time.

## **Essential Questions**

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- Is health important?
- Why is it important to eat a healthy snack or meal?
- Why is it important to plan for meals?

## **Application of Knowledge and Skill**

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

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Students will know...

- How to identify basic kitchen tools within the kitchen environment.
- How to identify the components of a healthy meal or snack.
- How to plan for when they would like to make a healthy meal or snack.
- How to prepare a healthy snack or meal.

What facts and basic concepts should students know and be able to recall?

- Students should be able to recall the names and functions of basic kitchen utensils and appliances.
- Students should be able to recall the components of the My Plate model.
- Students should be able to prepare a snack or meal.

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

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Students will be skilled at...

- Identifying and using a variety of tools in the kitchen.
- listing a variety of foods within each food group of the "My Plate" model.
- Planning a healthy meal or snack.
- Preparing a healthy meal or snack.

### **Academic Vocabulary**

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diet	contaminated food	generic products	c
nutrition	bacteria	unit price	v
malnutrition	foodborne illness	Daily Values	ti
nutrient	sanitation	open dating	n
protein	utensil	universal product code (UPC)	n
carbohydrate	spatula	bake	c
fat	serrated blade	appetizer	c
vitamins	tongs	beverage	d
water	ladle	dessert	d
My Plate	colander	beat	e
dieting	cookware	boil	s
underweight	bakeware	dry ingredients	s
fasting	double boiler	cream	v
eating disorders	skillet	preheat	b
	appliance	puree	f
	portable appliance	season	n
	major appliance		s

## Learning Goal 3.A

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- Students will be able to attend to their physical well-being through planning, preparation and execution of healthy meals.

HE.K-12.2.1.1

Demonstrate safe responsible health behaviors such as using a tissue, eating nutritionally, and washing hands when appropriate.

HE.K-12.2.2.2

Demonstrate self-management skills such as personal care and care of personal belongings.

HE.K-12.2.2.4

Demonstrate ability to use a variety of supports for everyday activities as necessary.

## Target 3.A.9

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- Students will be able to identify the guidelines for healthy eating using the My Plate model.

## Target 3.A.10

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- Students will be able to identify kitchen tools, demonstrate safety and cleanliness within the kitchen.

## Target 3.A.11

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- Students will be able to identify ingredients and steps needed to plan and prepare a healthy snack.

## Target 3.A.12

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- Students will be able to identify ingredients and steps necessary to plan and prepare a healthy meal.

## Summative Assessment

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Link to summative assessment guidelines and tools: <http://www.edudemic.com/summative-and-formative-assessments/>

<https://sites.educ.ualberta.ca/staff/olenka.bilash/Best%20of%20Bilash/summativeassess.html>

- end of semester exam
- end of unit or chapter test
- essay or rept
- oral examination
- participation in lecture, discussion or group work
- performance task or rubric checklist
- presentation
- projects
- structured observation

## **21st Century Life and Careers**

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CRP.K-12.CRP3

Attend to personal health and financial well-being.

CRP.K-12.CRP3.1

Career-ready individuals understand the relationship between personal health, workplace performance and personal well-being; they act on that understanding to regularly practice healthy diet, exercise and mental health activities. Career-ready individuals also take regular action to contribute to their personal financial well-being, understanding that personal financial security provides the peace of mind required to contribute more fully to their own career success.

## **Formative Assessment and Performance Opportunities**

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Link to formative assesment guidelines and tools: <http://www.edudemic.com/summative-and-formative-assessments/>

<https://www.nwea.org/blog/2016/take-three-55-digital-tools-and-apps-for-formative-assessment-success/>

[https://docs.google.com/presentation/d/1nzhdnyMQmio51NT75ITB45rHyLISHEEHZiHTWJRqLmQ/pub?start=false&loop=false&delayms=3000#slide=id.gb49e70aa\\_370](https://docs.google.com/presentation/d/1nzhdnyMQmio51NT75ITB45rHyLISHEEHZiHTWJRqLmQ/pub?start=false&loop=false&delayms=3000#slide=id.gb49e70aa_370)

- do now
- exit ticket
- graphic organizer
- questioning/discussion
- role play
- simulation

- task analysis
- task rubric
- teacher observation
- think-pair-share
- visual representations
- weekly quiz

## **Differentiation/Enrichment**

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- 1:1 instruction
- community based instruction
- cueing / prompting
- reinforcement activities
- role playing / simulation
- small group instruction
- visual supports

## **Unit Resources**

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"My Plate" online resources <https://www.choosemyplate.gov/printable-materials>

- "My Plate" online resources <https://www.choosemyplate.gov/printable-materials>
- Access to Internet
- Access to ShopRite.com (or other grocery store)
- Applying Life Skills Book
- board games
- Book: Nutrition and Dieting
- Building Life Skills Book
- list of kitchen utensils
- My Plate materials