

Unit 3: Nutrition & Cooking

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

Unit Overview

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

Transfer

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.

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

http://www.authenticeducation.org/ae_bigideas/article.lasso?artid=60

Meaning

Understandings

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

- 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

Students will know...

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...

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

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

- 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

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

Target 3.A.10

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

Target 3.A.11

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

Target 3.A.12

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

Summative Assessment

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 report
- oral examination
- participation in lecture, discussion or group work
- performance task or rubric checklist
- presentation
- projects
- structured observation

21st Century Life and Careers

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

Link to formative assessment 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

- 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

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

Unit Resources

"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