

Unit: 11 Nutrition Basics

Content Area: **Family and Consumer Science**
Course(s): **Single Survival**
Time Period: **2 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-12.1.1	Empowered Learner
TECH.K-12.1.2	Digital Citizen
TECH.K-12.1.3	Knowledge Constructor
TECH.K-12.1.4	Innovative Designer
TECH.K-12.1.5	Computational Thinker
TECH.K-12.1.6	Creative Communicator
TECH.K-12.1.7	Global Collaborator
CRP.K-12.CRP1	Act as a responsible and contributing citizen and employee.
CRP.K-12.CRP2	Apply appropriate academic and technical skills.
CRP.K-12.CRP4	Communicate clearly and effectively and with reason.
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.
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.
HOSP.9-12.9.4.12.I.12	Use correct grammar, punctuation, and terminology to write and edit documents.
HOSP.9-12.9.4.12.I.17	Listen to and speak with diverse individuals to enhance communication skills.

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-12.1.1	Empowered Learner
TECH.K-12.1.2	Digital Citizen
TECH.K-12.1.3	Knowledge Constructor
TECH.K-12.1.4	Innovative Designer
TECH.K-12.1.5	Computational Thinker
TECH.K-12.1.6	Creative Communicator
TECH.K-12.1.7	Global Collaborator
CRP.K-12.CRP1	Act as a responsible and contributing citizen and employee.
CRP.K-12.CRP2	Apply appropriate academic and technical skills.
CRP.K-12.CRP4	Communicate clearly and effectively and with reason.
CRP.K-12.CRP11	Use technology to enhance productivity.
CRP.K-12.CRP12	Work productively in teams while using cultural global competence.
FAM.9-12.9.6	Demonstrate food science, dietetics, and nutrition management principles and practices.
HOSP.9-12.9.4.12.I.12	Use correct grammar, punctuation, and terminology to write and edit documents.
HOSP.9-12.9.4.12.I.17	Listen to and speak with diverse individuals to enhance communication skills.

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-12.1.1	Empowered Learner
TECH.K-12.1.2	Digital Citizen
TECH.K-12.1.3	Knowledge Constructor
TECH.K-12.1.4	Innovative Designer
TECH.K-12.1.5	Computational Thinker
TECH.K-12.1.6	Creative Communicator
TECH.K-12.1.7	Global Collaborator
CRP.K-12.CRP1	Act as a responsible and contributing citizen and employee.
CRP.K-12.CRP2	Apply appropriate academic and technical skills.
CRP.K-12.CRP4	Communicate clearly and effectively and with reason.
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.
HOSP.9-12.9.4.12.I.12	Use correct grammar, punctuation, and terminology to write and edit documents.
HOSP.9-12.9.4.12.I.17	Listen to and speak with diverse individuals to enhance communication skills.

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-12.1.1	Empowered Learner
TECH.K-12.1.2	Digital Citizen
TECH.K-12.1.3	Knowledge Constructor
TECH.K-12.1.4	Innovative Designer
TECH.K-12.1.6	Creative Communicator
TECH.K-12.1.7	Global Collaborator
CRP.K-12.CRP1	Act as a responsible and contributing citizen and employee.
CRP.K-12.CRP2	Apply appropriate academic and technical skills.
CRP.K-12.CRP4	Communicate clearly and effectively and with reason.
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.

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.

TECH.K-12.1.1	Empowered Learner
TECH.K-12.1.2	Digital Citizen
TECH.K-12.1.3	Knowledge Constructor
TECH.K-12.1.4	Innovative Designer
TECH.K-12.1.5	Computational Thinker
TECH.K-12.1.6	Creative Communicator
TECH.K-12.1.7	Global Collaborator
CRP.K-12.CRP1	Act as a responsible and contributing citizen and employee.
CRP.K-12.CRP2	Apply appropriate academic and technical skills.
CRP.K-12.CRP4	Communicate clearly and effectively and with reason.
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.
CRP.K-12.CRP12	Work productively in teams while using cultural global competence.
FAM.9-12.9.3	Evaluate nutrition principles, food plans, preparation techniques and specialized dietary plans.

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.

Proficiency Scale

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 videos to 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

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

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>