

# Unit: 10 Health and Wellness

Content Area: **Family and Consumer Science**  
Course(s): **Single Survival**  
Time Period: **2 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.CRP1

Act as a responsible and contributing citizen and employee.

CRP.K-12.CRP2

Apply appropriate academic and technical skills.

CRP.K-12.CRP3

Attend to personal health and financial well-being.

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.CRP11

Use technology to enhance productivity.

CRP.K-12.CRP12

Work productively in teams while using cultural global competence.

FAM.9-12.8.2.5

Practice good personal hygiene/health procedures, including dental health and weight management, and report symptoms of illness.

FAM.9-12.8.4.2	Apply menu-planning principles to develop and modify menus.
FAM.9-12.8.4.7	Apply principles of Measurement, Portion Control, Conversions, Food Cost Analysis and Control, Menu Terminology, and Menu Pricing to menu planning.
FAM.9-12.8.5.1	Demonstrate professional skills in safe handling of knives, tools, and equipment.
FAM.9-12.8.5.2	Demonstrate professional skill for a variety of cooking methods including roasting, broiling, smoking, grilling, sautéing, pan frying, deep frying, braising, stewing, poaching, steaming, and baking using professional equipment and current technologies.
FAM.9-12.8.5.3	Utilize weights and measurement tools to demonstrate knowledge of portion control and proper scaling and measurement techniques.
FAM.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.
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.
HOSP.9-12.9.4.12.I.19	Employ critical thinking skills (e.g., analyze, synthesize, and evaluate) independently and in teams to solve problems and make decisions.
HOSP.9-12.9.4.12.I.22	Conduct technical research to gather information necessary for decision-making.
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

## **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.

#### **Proficiency Scale**

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#### **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

## **Accommodations/Modifications**

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- 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**

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### **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](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)



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