

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

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.

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.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.

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.

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 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

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/recipe>

