Unit 8: Nutrition

Content Area: **Art**
Course(s):
Time Period: **MP2**
Length: **10 days**
Status: **Published**

Targeted Standards

HOSP.9-12.9.4.12.I.(1).1	Use basic reading, writing, and mathematical skills to provide food production and services to ensure a positive guest/customer experience.
HOSP.9-12.9.4.12.I.(1).2	Use knowledge of cultures and information from geographical studies to guide guest/customer service decisions.
HOSP.9-12.9.4.12.I.(1).3	Demonstrate listening, writing, and speaking skills to enhance guest/customer satisfaction.
HOSP.9-12.9.4.12.I.(1).7	Evaluate companies' standard operating procedures related to food and beverage production and guest services to understand how they help ensure the provision of quality products and services.
HOSP.9-12.9.4.12.I.(1).9	Demonstrate knowledge of ethical and legal responsibilities for guest/customer and employee conduct and explain their role in maintaining high quality standards in the industry.
HOSP.9-12.9.4.12.I.8	Select and employ appropriate reading and communication strategies to learn and use technical concepts and vocabulary in practice.
HOSP.9-12.9.4.12.I.15	Apply active listening skills to obtain and clarify information.
HOSP.9-12.9.4.12.I.39	Demonstrate knowledge of personal and jobsite safety rules and regulations to maintain safe and healthful working conditions and environments.

Rationale

Nutrition is fundamental to personal health, wellness, and culinary practice. This lesson introduces students to the principles of balanced diets, macronutrients, micronutrients, and their roles in maintaining energy, growth, and overall well-being. By understanding nutrition, students can make informed food choices, plan meals, and adapt recipes to meet dietary needs. The lesson also connects culinary skills to nutrition, emphasizing ingredient selection, portion control, and preparation techniques that preserve nutrient content.

Essential Questions

Content Specific	Skills Specific
• How do different nutrients affect the body's growth, energy, and overall health? • Why is understanding portion size important	• How can I modify recipes to enhance nutritional value without sacrificing taste? • What strategies can be used to assess the

for balanced nutrition? • How do dietary guidelines help in making healthier food choices?	nutritional quality of a meal? • How do cooking and preparation methods impact the nutrient content of food?

Spiraling for Mastery

Content or Skill for this Unit	Spiral Focus from Previous Unit
• Healthy alternatives • Food allergies	• Portion control • Knife skills

Career Readiness, Life Literacies, and Key Skills

Please tag the appropriate **2020 NJSLS-CLKS** standards that align with the grade band and content/skills of this unit. This is done by clicking "actions" and then "add standards".

9.4.12.CI.2	Identify career pathways that highlight personal talents, skills, and abilities (e.g., 1.4.12prof.CR2b, 2.2.12.LF.8).
9.4.12.CI.3	Investigate new challenges and opportunities for personal growth, advancement, and transition (e.g., 2.1.12.PGD.1).

Interdisciplinary Connections

How does this unit connect to standards in other disciplines? Add the appropriate **NJ SLS** here, keeping grade bands in mind. This is done by clicking "actions" and then "add standards".

N.Q.A.1	Use units as a way to understand problems and to guide the solution of multi-step problems; choose and interpret units consistently in formulas; choose and interpret the scale and the origin in graphs and data displays.
N.Q.A.3	Choose a level of accuracy appropriate to limitations on measurement when reporting quantities.
S.MD.B.7	Analyze decisions and strategies using probability concepts (e.g., product testing, medical testing, pulling a hockey goalie at the end of a game).