

Nutrition in Culinary Arts

Content Area: **21st Century Life & Careers**
Course(s): **Generic Course**
Time Period: **Marking Period 3**
Length: **4 Weeks**
Status: **Published**

Unit Introduction

Standards

9.3.12.AG-FD.2	Apply principles of nutrition, biology, microbiology, chemistry and human behavior to the development of food products.
HOSP.9-12.9.4.12.I.11	Evaluate and use information resources to accomplish specific occupational tasks.
HOSP.9-12.9.4.12.I.15	Apply active listening skills to obtain and clarify information.
HOSP.9-12.9.4.12.I.56	Employ teamwork skills to achieve collective goals and use team members' talents effectively.

Essential Questions

What are the components of a healthy diet?

What health risks are associated with diets high in fat and calories and low in fruits, vegetables and fiber?

How can we incorporate more fruits and vegetables in our diet and in our cooking?

Why is breakfast an important meal?

What are the components of a nutritious breakfast?

Content / Skills

Identify how to make dietary changes for improved health

Demonstrate an understanding of the My Plate program

Explain how they can add more important nutrients to their own diet

Explain how they can add more important nutrients to their own diet

Understand the importance of eating breakfast

Compare the economical advantage of preparing breakfast rather than purchasing a prepared breakfast

Revise a recipe(s) to make it more nutritious (decrease fat, increase fiber and/or other important nutrients)

Prepare a variety of breakfast meals using different techniques