

FREEHOLD REGIONAL HIGH SCHOOL DISTRICT

OFFICE OF CURRICULUM AND INSTRUCTION

FAMILY & CONSUMER SCIENCES DEPARTMENT

FOOD SCIENCE AND NUTRITION

Grade Level: 9-12

Credits: 5

BOARD OF EDUCATION ADOPTION DATE:

AUGUST 31, 2009

[SUPPORTING RESOURCES AVAILABLE IN DISTRICT RESOURCE SHARING](#)

APPENDIX A: ACCOMMODATIONS AND MODIFICATIONS

APPENDIX B: ASSESSMENT EVIDENCE

APPENDIX C: INTERDISCIPLINARY CONNECTIONS

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Course Philosophy

The Food Science and Nutrition course focuses on a hands-on-learning approach to the vast world of food. The course is designed to take the students on a journey beginning with food influences and departs with the opportunity for students to embark on careers in culinary arts, food science, nutrition, and beyond.

Course Description

Food is essential for maintaining the physical and psychological needs of the human body. Food Science and Nutrition explores these needs along with how personal food selection is impacted by social, regional, and religious customs. Classroom experiments demonstrate unique taste perceptions and how visual discernment manipulates taste.

As Food Science and Nutrition students' participating in the Food Laboratory, students will study the six main nutrients and sub nutrients, along with the important function of each. This enduring knowledge will be the basis for healthy food choices and achieving optimum dietary decisions within budgetary constraints. Near daily experience in the Food Laboratory will permit the students to practice skills ranging from safety and sanitation, accurate measuring and recipe math, correct utensil and appliance operation, to time management and table etiquette.

Food Science and Nutrition students delve into the reasons why populations around the world and within our own borders suffer from hunger. Students can participate in volunteer opportunities leaving a personal footprint in this never ending global concern. On an opposite level, students will discuss technological advancements in the food industry, how new food trends emerge from technology and the impact technology has on meal planning and speed-scratch cooking.

Guest speakers inform the students about post-secondary educational institutions providing career training in the food industry. Career prospects in the food industry are endless. The art of cooking learned in the Food Science and Nutrition classroom will sustain a student long after completing this course. Throughout life and on a daily basis, our students will constantly hone their acquired skills whether they decide to cook as a career, nourishment, or for personal enjoyment.

**Freehold Regional High School District
Curriculum Map**

Food Science and Nutrition

Relevant Standards	Enduring Understandings	Essential Questions	Assessments		
			Diagnostic (before)	Formative (during)	Summative (after)
9.1.A.1,5; B.2	Food is essential for maintaining the physical and psychological needs of the human body.	<p>How does food satisfy physical needs and fulfill psychological needs?</p> <p>What influences our food choices?</p> <p>How does taste perception affect individuals likes and dislikes of food?</p> <p>How do social, cultural, and religious customs affect our food decisions?</p> <p>Why are regional foods important in food decisions?</p>	<p>Anticipatory set</p> <p>Exploratory questions</p> <p>Pretest</p>	<p>Journal</p> <p>Quizzes</p> <p>Written Assignments</p> <p>Oral Presentations</p>	<p>Written test</p> <p>Projects w/Rubric</p> <p>Portfolios</p> <p>Mid term exam</p>
9.1.A.5; B.2 9.1.A.1; B.2; 9.2.A.1,3; B.3; F.1	Technological advances affect food production, new food inventions, and provide convenience in our personal food selection.	<p>In what ways do technological advances impact meal planning, preparation, and purchasing decisions?</p> <p>What new food trends may emerge due to technology?</p>	<p>Student survey</p>	<p>Lab grades</p> <p>Do now</p> <p>Folder check</p>	<p>Final exam</p>
9.1.A.1; B.2; 9.2.A.1,3; B.3; F.1	All nutrients have a unique function.	<p>What constitutes a healthy or unhealthy diet?</p> <p>Why is food that follows the theory of “from field to table” having more nutritional value than processed food products?</p> <p>How can the food guide pyramid be used effectively to assist in the selection of nutritional eating habits?</p>			
9.1.A.1; B.2 9.2.A.1, 3; B.3; F.1	High levels of wellness and the ability to prevent diseases are established when a person is aware of healthy and unhealthy lifestyle patterns.	<p>How can an individual effectively utilize the food guide pyramid?</p> <p>What does it mean to be physically fit?</p> <p>What constitutes a healthy or unhealthy diet?</p> <p>How do fad diets affect a person’s health?</p> <p>What elements contribute to the development of an eating disorder?</p> <p>How can proper nutrition keep an individual healthy?</p> <p>How can fast food impact a healthy diet?</p>			

Relevant Standards	Enduring Understandings	Essential Questions	Assessments		
			Diagnostic (before)	Formative (during)	Summative (after)
9.1.A.2; B.2,3,4.c-j 9.2.A.3; B.2; F.4, 5	The art of cooking requires skills and knowledge.	Why is safety an important issue in the kitchen? Why is sanitation important and how are food borne illnesses prevented? To what extent does the purchase and storage of food affect its quality?			
9.1.A.1; B.2, 3, 4 .a-I; 9.2.A.1,3 9.2.B.2; C.2; E.2, 5, 8; F.4	Meal planning is an ever changing life talent that will be affected by ever changing life styles.	What are the benefits of a shopping list? What factors affect a person's eating pattern? How can comparison shopping impact a food budget? Why is menu planning important? How does an understanding of label information help purchasing decisions? How does the progression through the life cycle change meal habits and choices? What factors influence "meal appeal"? How can current food trends be incorporated into meal planning?			
9.1.A.2. 3, 5	Careers in food related industries are always available since all people must consume food for survival.	What career opportunities are available in the food science and nutrition field? To what extent does training and education affect securing and succeeding in a food related career?			
9.1.B.2; 9.2.A.4; C.2; D.2; E.8; F.1	World hunger is not limited to third world countries, but occurs in our own country on the state and local levels.	What are the factors impacting hunger in Third World countries? To what extent does human activity impact the food supply? Why is hunger present in our own country? How can we make a difference combating hunger on the local level?			

**Freehold Regional High School District
Course Proficiencies and Pacing**

Food Science and Nutrition

Unit Title	Unit Understandings and Goals	Recommended Duration
Unit #1: Influences on Food Choices	<p>Food is essential for maintaining the physical and psychological needs of the human body. Technological advances affect food production, new food inventions, and provide convenience in our personal food selection.</p> <ol style="list-style-type: none"> 1. Students will scrutinize how physical and psychological needs, along with cultural and regional aspects influence food selections. 	1 week
Unit #2: Taste and Perception	<p>Food is essential for maintaining the physical and psychological needs of the human body. Technological advances affect food production, new food inventions, and provide convenience in our personal food selection.</p> <ol style="list-style-type: none"> 1. Students will determine how visual perception manipulates taste. 	1 week
Unit #3: Food Guide Pyramid	<p>All nutrients have a unique function. High levels of wellness and the ability to prevent diseases are established when a person is aware of healthy and unhealthy lifestyle patterns.</p> <ol style="list-style-type: none"> 1. Students will examine the segments of the Food Guide Pyramid and explore My Pyramid to assess personal dietary requirements. 	1 week
Unit #4: Safety and Sanitation	<p>The art of cooking requires skill and knowledge. Technological advances affect food production, new food inventions, and provide convenience in our personal food selection.</p> <ol style="list-style-type: none"> 1. Students will demonstrate safe handling, preparation, and storage of food products. 	2 weeks
Unit #5: Getting Ready To Cook	<p>Food is essential for maintaining the physical and psychological needs of the human body. Meal planning is an ever changing life talent that will be affected by ever changing life styles. Technological advances affect food production, new food inventions, and provide convenience in our personal food selection.</p> <ol style="list-style-type: none"> 1. The students will possess a working, hands-on knowledge of basic cooking procedures necessary for succeeding in the food laboratory. 	2 weeks

Unit Title	Unit Understandings and Goals	Recommended Duration
Unit #6: Nutrition	<p>Food is essential for maintaining the physical and psychological needs of the human body. All nutrients have a unique function. High levels of wellness and the ability to prevent diseases are established when a person is aware of healthy and unhealthy lifestyle patterns. Technological advances affect food production, new food inventions, and provide convenience in our personal food selection. Careers in food related industries are always available since all people must consume food for survival.</p> <p>1. Students will explore the function of nutrients and knowledgably discuss the importance of nutrition.</p>	5 weeks
Unit #7: Food Laboratory	<p>Food is essential for maintaining the physical and psychological needs of the human body. All nutrients have a unique function. The art of cooking is a skill used on a daily basis. Meal planning is an ever changing life talent that will be affected by ever changing life styles. High levels of wellness and the ability to prevent diseases are established when a person is aware of healthy and unhealthy lifestyle patterns. World hunger is not limited to Third World Countries, but occurs in our own country on the state and local levels. Technological advances affect food production, new food inventions, and provide convenience in our personal food selection. Careers in food related industries are always available since all people must consume food for survival.</p> <p>1. Students will develop a working knowledge of all aspects in accurate and proper planning, preparation, serving, and consumption of food products.</p>	14 weeks and integrated throughout the curriculum
Unit #8: Meal Planning	<p>Food is essential for maintaining the physical and psychological needs of the human body. All nutrients have a unique function. The art of cooking is a skill used on a daily basis. Meal planning is an ever changing life talent that will be affected by ever changing life styles. High levels of wellness and the ability to prevent diseases are established when a person is aware of healthy and unhealthy lifestyle patterns. Technological advances affect food production, new food inventions, and provide convenience in our personal food selection. Careers in food related industries are always available since all people must consume food for survival.</p> <p>1. Students will generate a hands-on portfolio of methods to plan and produce nutritional and economical meals for diverse lifestyles.</p>	3 weeks

Unit Title	Unit Understandings and Goals	Recommended Duration
Unit #9: World Hunger	<p>World hunger is not limited to third world countries, but occurs in our own country on the state and local levels. Technological advances affect food production, new food inventions, and provide convenience in our personal food selection.</p> <ol style="list-style-type: none"> 1. Students will analyze and knowledgably discuss the factors affecting the world food supply and the impact individuals might have upon hungry populations. 	1 week
Unit #10: Diets and Eating Disorders	<p>Meal planning is an ever changing life talent that will be affected by ever changing life styles. High levels of wellness and the ability to prevent diseases are established when a person is aware of healthy and unhealthy lifestyle patterns. Technological advances affect food production, new food inventions, and provide convenience in our personal food selection.</p> <ol style="list-style-type: none"> 1. Students will appraise healthy diets, trendy diets, and the physical and psychological factors contributing to a variety of eating disorders. 	2 weeks

**Freehold Regional High School District
Food Science and Nutrition**

Unit #1: Influences on Food Choices

Enduring Understandings: Food is essential for maintaining the physical and psychological needs of the human body.

Technological advances affect food production, new food inventions, and provide convenience in our personal food selection.

Essential Questions: How does food satisfy physical needs and fulfill psychological needs?

What influences our food choices?

How does taste perception affect individuals likes and dislikes of food?

How do social, cultural, and religious customs affect our food decisions?

Why are regional foods important in food decisions?

In what ways do technological advances impact meal planning, preparation, and purchasing decisions?

What new food trends may emerge due to technology?

Unit Goal: Students will scrutinize how physical and psychological needs, along with cultural and regional aspects influence food selections.

Duration of Unit: 1 week

NJCCCS: 9.1.A.1,5; B.2

Guiding / Topical Questions	Content and Skills	Instructional Resources and Materials	Teaching Strategies	Assessment Strategies
What is Food Science?	Relate a recipe to a chemistry experiment.	Current textbooks	Lecture	Unit tests
How is a recipe similar to a chemistry experiment?	Determine the affect of a food product that is both a liquid and a solid, and how heat changes the liquid to a solid.	Teacher resource binder	Class discussion Demonstrations	Lab Evaluations
What impact does heating and cooling have on food products?	Identify the main reason why people consume food.	Student workbooks	Chapter study guides	Packet grades
What social, cultural and religious influences affect our food choices?	Examine the impact of peers, media, family routines, money allotment, and current food trends upon personal food consumption.	Internet	Teacher prepared packets	Projects – Rubric
What psychological needs are fulfilled by food?	Understand foods that are eaten and/or avoided due to cultural and religious reasons.	Magazines	Journals	Journal grades
What is wellness and who is responsible for personal wellness?	Examine the psychological needs of food including belonging, self-esteem, and security.	Cookbooks	Power point presentations	Assignment grades
What emotional influences affect our food choices?	Define wellness and discuss who is responsible for personal wellness.	Newspapers	Guided note taking	Article summaries
How important are regional foods?	Compare and contrast personal intake of food depending upon emotional mood.	Videos	Labs/Experiments Projects Guest speakers Research assignments	Mid term exam Final exam

Suggestions on how to differentiate in this unit:

Students with individual learning styles can be assisted through adjustments in assessment standards and time restraints, one-to-one teacher support, extended testing time, and use of visual and auditory teaching methods. This wide variety of assessments, strategies, and hands-on evaluations complement the individual learning experience.

**Freehold Regional High School District
Food Science and Nutrition**

Unit #2: Taste and Perception

Enduring Understandings: Food is essential for maintaining the physical and psychological needs of the human body.

Technological advances affect food production, new food inventions, and provide convenience in our personal food selection.

Essential Questions: How does food satisfy physical needs, and fulfill psychological needs?

What influences our food choices?

How does taste perception affect individuals likes and dislikes of food?

How do social, cultural, and religious customs affect our food decisions?

Why are regional foods important in food decisions?

In what ways do technological advances impact meal planning, preparation, and purchasing decisions?

What new food trends may emerge due to technology?

Unit Goal: Students will determine how visual perception manipulates the taste senses.

Duration of Unit: 1 week

NJCCCS: 9.1.A.1,5; B.2

Guiding / Topical Questions	Content and Skills	Instructional Resources and Materials	Teaching Strategies	Assessment Strategies
What taste buds are located on the tongue?	Identify the taste buds.	Current textbooks	Class discussion and note taking	Unit tests
How can food be identified by texture?	Experiment with foods corresponding to the taste buds.	Teacher resource binder	Chapter study guides	Lab Evaluations
How can food be identified by odor?	Determine foods that represent particular textures.	Student workbooks	Teacher prepared packets	Packet grades
What is a super-taster?	Utilize sense of smell to determine particular foods.	Internet	Journals	Projects – Rubric
Why is comparison shopping dependent upon personal preferences?	Organize a food product by personal preference according to color, taste, price, and nutritional value.	Magazines	Power point presentations	Journal grades
		Cookbooks	Labs/Experiments	Assignment grades
		Newspapers	Projects	Article summaries
		Videos	Home Labs	Mid term exam
			Guest speakers	
			Research assignments	Final exam

Suggestions on how to differentiate in this unit:

Students with individual learning styles can be assisted through adjustments in assessment standards and time restraints, one-to-one teacher support, extended testing time, and use of visual and auditory teaching methods. This wide variety of assessments, strategies, and hands-on evaluations complement the individual learning experience.

**Freehold Regional High School District
Food Science and Nutrition**

Unit #3: Food Guide Pyramid

Enduring Understandings: All nutrients have a unique function.

High levels of wellness and the ability to prevent diseases are established when a person is aware of healthy and unhealthy lifestyle patterns.

Essential Questions: Why is food that follows the theory of “from field to table” having more nutritional value than processed food products?

How can the food guide pyramid be used effectively in the selection of nutritional eating habits?

How can an individual effectively utilize the food guide pyramid?

What does it mean to be physically fit?

What constitutes a healthy or unhealthy diet?

How do fad diets affect a person’s health?

How can proper nutrition keep an individual healthy?

How can fast food impact a healthy diet?

Unit Goal: Students will examine the segments of the Food Guide Pyramid and explore My Pyramid to assess personal dietary requirements.

Duration of Unit: 1 week

NJCCCS: 9.1.A.1; B.2; 9.2.A.1,3; B.3; F.1

Guiding / Topical Questions	Content and Skills	Instructional Resources and Materials	Teaching Strategies	Assessment Strategies
What is the Food Guide Pyramid?	Identify the segments of the Food Guide Pyramid	Current textbooks	Lectures	Unit tests
What segments of foods encompass the Food Guide Pyramid?	Identify the serving per segment of the Food Guide Pyramid for a current lifestyle	Teacher resource binder	Class discussion	Lab Evaluations
How many servings per segments are recommended per day consumption?	Examine the RDA and how it can assist in person food decision	Student workbooks	Demonstrations	Packet grades
What is the RDA?	Formulate a personal plan for caloric intake according to “My Pyramid”	Internet	Chapter study guides	Projects – Rubric
How can “My Pyramid” assist in personal food decisions?		Magazines	Teacher prepared packets	Journal grades
		Cookbooks	Journals	Assignment grades
		Newspapers	Power point presentations	Article summaries
		Videos	Guided note taking	Mid term exam
			Labs/Experiments/ Projects	Final exam
			Guest speakers	
			Research assignments	

Suggestions on how to differentiate in this unit:

Students with individual learning styles can be assisted through adjustments in assessment standards and time restraints, one-to-one teacher support, extended testing time, and use of visual and auditory teaching methods. This wide variety of assessments, strategies, and hands-on evaluations complement the individual learning experience.

**Freehold Regional High School District
Food Science and Nutrition**

Unit #4: Safety and Sanitation

Enduring Understandings: The art of cooking requires skill and knowledge.

Technological advances affect food production, new food inventions, and provide convenience in our personal food selection.

Essential Questions: Why is safety an important issue in the kitchen?

Why is sanitation important and how are food borne illnesses prevented?

To what extent does the purchase and storage of food affect its quality?

In what ways do technological advances impact meal planning, preparation, and purchasing decisions?

Unit Goal: Students will demonstrate safe handling, preparation, and storage of food products.

Duration of Unit: 2 weeks

NJCCCS: 9.1.A.2,5; B.2,3,4.c-g,i-j; 9.2.A.3; B.2; F.4,5

Guiding / Topical Questions	Content and Skills	Instructional Resources and Materials	Teaching Strategies	Assessment Strategies
<p>Why is safety important in the kitchen when utilizing equipment, utensils, and appliances?</p> <p>What are the standards for personal cleanliness and safety?</p> <p>What is the relationship between microorganisms and food-borne illnesses?</p> <p>What are the symptoms and treatment of food-borne illnesses and how can they be prevented?</p> <p>What practices are unsafe food handling practices?</p> <p>How does food storage impact food safety?</p> <p>How does new food technology complement safe food preparation, handling, and storage?</p> <p>What is the role of the federal government in protecting the food supply?</p>	<p>Distinguish between safe and unsafe kitchen practices?</p> <p>Examine the proper use of a variety of equipment and appliances including safe knife passing and washing techniques.</p> <p>Knowledgeably discuss the importance of kitchen cleanliness and the prevention of pests and how to exercise good personal hygiene in the kitchen.</p> <p>Demonstrate good safety practices to avoid burns and injury.</p> <p>Identify microorganisms and their effect on food-borne illnesses, and describe the symptoms and treatment of food-borne illnesses.</p> <p>Scrutinize the unsafe practice of cross-contamination.</p> <p>Knowledgeably discuss proper freezing, thawing, preparing, serving, and refrigerating of food.</p> <p>Discuss new foods that eliminate safety issues through irradiation.</p> <p>Look into the roles of the FDA and the EPA and identify the responsibility of each for ensuring our food supply and compile reports on food recalls.</p>	<p>Current textbooks</p> <p>Teacher resource binder</p> <p>Student workbooks</p> <p>Internet</p> <p>Magazines</p> <p>Cookbooks</p> <p>Newspapers</p> <p>Videos</p>	<p>Lectures</p> <p>Class discussion</p> <p>Demonstrations</p> <p>Chapter study guides</p> <p>Teacher prepared packets</p> <p>Journals</p> <p>Power point presentations</p> <p>Guided note taking</p> <p>Labs/Experiments</p> <p>Projects</p> <p>Home Labs</p> <p>Guest speakers</p> <p>Research assignments</p>	<p>District wide safety test (Appendix A)</p> <p>Lab Evaluations</p> <p>Packet grades</p> <p>Projects – Rubric</p> <p>Journal grades</p> <p>Assignment grades</p> <p>Article summaries</p> <p>Mid term exam</p> <p>Final exam</p>

Suggestions on how to differentiate in this unit:

Students with individual learning styles can be assisted through adjustments in assessment standards and time restraints, one-to-one teacher support, extended testing time, and use of visual and auditory teaching methods. This wide variety of assessments, strategies, and hands-on evaluations complement the individual learning experience.

**Freehold Regional High School District
Food Science and Nutrition**

Unit #5: Getting Ready To Cook

Enduring Understandings: Food is essential for maintaining the physical and psychological needs of the human body.
Meal planning is an ever changing life talent that will be affected by ever changing life styles.
Technological advances affect food production, new food inventions, and provide convenience in our personal food selection.

Essential Questions: How does food satisfy physical needs, and fulfill psychological needs?
What are the benefits of a shopping list?
How can comparison shopping impact a food budget?
Why is menu planning important?
How does an understanding of label information help purchasing decisions?
How does the progression through the life cycle change meal habits and choices?
What factors influence “meal appeal”?
How can current food trends be incorporated into meal planning?
In what ways do technological advances impact meal planning, preparation, and purchasing decisions?
What new food trends may emerge due to technology?

Unit Goal: The students will possess a working, hands-on-knowledge of basic cooking procedures necessary for succeeding in the food laboratory.

Duration of Unit: 2 weeks

NJCCCS: 9.1.A.1,2,5; B.2,3,4.c-g,i,j; 9.2.A.1,3; B.2; C.2; E.2,5,8; F.4,5

Guiding / Topical Questions	Content and Skills	Instructional Resources and Materials	Teaching Strategies	Assessment Strategies
What are the parts of a recipe?	Define a recipe.	Current textbooks	Lectures	Unit tests
What do the abbreviations mean in a recipe?	Explain and describe the parts of a recipe.	Teacher resource binder	Class discussion	Lab Evaluations
What are the definitions for the preparation terms used in a recipe?	Identify the abbreviations used in recipes.	Student workbooks	Demonstrations	Packet grades
How can a recipe be modified?	Demonstrate a variety of preparation terms such as cream, dice, and punch down.	Internet	Chapter study guides	Projects – Rubric
Why is accurate measuring of ingredients important?	Put into action decreasing and increasing recipes.	Magazines	Teacher prepared packets	Journal grades
What is the difference between wet and dry measuring utensils?	Demonstrate accurate measuring skills utilizing wet and dry ingredients.	Cookbooks	Journals	Assignment grades
What ingredients must be “packed” to be accurately measured?	Identify the 2 ingredients that must be packed for accurate measuring.	Newspapers	Power point presentations	Article summaries
Why is choosing the proper utensil important for recipe success?	Scrutinize a wide variety of utensils and describe the function of each.	Videos	Guided note taking	Mid term exam
	Demonstrate safe and correct methods for a variety of		Labs/Experiments	Final exam
			Projects	

Guiding / Topical Questions	Content and Skills	Instructional Resources and Materials	Teaching Strategies	Assessment Strategies
<p>What are different cutting methods?</p> <p>How do mixing methods differ? How does food related factors affect cooking rates?</p> <p>How do different cooking methods affect food quality and nutrition?</p> <p>What is the lab procedure for the classroom lab/kitchen?</p> <p>What are the roles of the group members in the lab?</p> <p>Why are cooperation and rotation important to the success of the lab group?</p> <p>What is a lab plan and why is a work plan important for a successful lab experience?</p>	<p>cutting terms including chop, mince, dice, pare, and slice. Compare and contrast a variety of mixing methods including sift, beat, fold, toss, and whip. Experiment with cooking rate factors including density, shape, size, and amount.</p> <p>Compare and contrast moist heat cooking, dry heat cooking, and microwave cooking, and their relationship on the affect of nutrients lost during the cooking process.</p> <p>Demonstrate the lab procedures and the role of each job selected by the individuals comprising a lab group.</p> <p>Discuss the importance of cooperation within the lab group and its affect on successful lab outcomes.</p> <p>Put into action lab group rotation for a successful range of kitchen experience.</p> <p>Identify a lab plan and implement a dovetail schedule.</p>		<p>Home Labs</p> <p>Guest speakers</p> <p>Research assignments</p>	
<p><u>Suggestions on how to differentiate in this unit:</u> Students with individual learning styles can be assisted through adjustments in assessment standards and time restraints, one-to-one teacher support, extended testing time, and use of visual and auditory teaching methods. This wide variety of assessments, strategies, and hands-on evaluations complement the individual learning experience.</p>				

**Freehold Regional High School District
Food Science and Nutrition**

Unit #6: Nutrition

Enduring Understandings: Food is essential for maintaining the physical and psychological needs of the human body.
 All nutrients have a unique function.
 High levels of wellness and the ability to prevent diseases are established when a person is aware of healthy and unhealthy lifestyle patterns.
 Technological advances affect food production, new food inventions, and provide convenience in our personal food selection.
 Careers in food related industries are always available since all people must consume food for survival.

Essential Questions: How does food satisfy physical needs, and fulfill psychological needs?
 What influences our food choices?
 What constitutes a healthy or unhealthy diet?
 How can an individual effectively utilize the food guide pyramid?
 What does it mean to be physically fit?
 How can proper nutrition keep an individual healthy?
 How can fast food impact a healthy diet?
 In what ways do technological advances impact meal planning, preparation, and purchasing decisions?
 What new food trends may emerge due to technology?
 What career opportunities are available in the food science and nutrition field?
 To what extent does training and education affect securing and succeeding in a food related career?

Unit Goal: Students will explore the function of nutrients and the importance of nutrition.

Duration of Unit: 4 weeks

NJCCCS: 9.1.A.1,2,3,5; B.2,3,4.c-g,i-j; 9.2.A.1,3,4; B.2; C.2; D.2; .E.2,5,8; F.1,4,5

Guiding / Topical Questions	Content and Skills	Instructional Resources and Materials	Teaching Strategies	Assessment Strategies
What are the 6 major nutrients? What is the function of each nutrient? What is the function of each basic ingredient? What are the food sources for each nutrient? What could happen if an individual has an excess of a particular nutrient? What is the effect of a deficient nutrient? What is the correlation between nutrients and health?	Identify the 6 major nutrients. Construct a nutritional web for a food product and analyze the nutritional value of a food product based upon this web. Examine the function of each nutrient including water-soluble, fat-soluble vitamins, along with macro minerals and trace minerals. Research the affect of nutrient deficiencies on the body and the affect of excess nutrients on the body. Examine the impact nutrients have upon health including appearance, fitness, weight, illness, healing, and emotions.	Current textbooks Teacher resource binder Student workbooks Internet Magazines Cookbooks	Lectures Class discussion Demonstrations Chapter study guides Teacher prepared packets Journals Power point presentations	Unit tests Lab Evaluations Packet grades Projects – Rubric Assignment grades Journal grades Article summaries

Guiding / Topical Questions	Content and Skills	Instructional Resources and Materials	Teaching Strategies	Assessment Strategies
<p>How do the nutritional requirements differ from one individual to another?</p> <p>What are the steps in the digestion process?</p> <p>How are nutrients absorbed, transported, and stored in the body?</p> <p>What is the role of metabolism in the body?</p> <p>What are the factors that affect the body's energy needs?</p> <p>What is the total energy value of food?</p> <p>What is a food label?</p> <p>What information is on a nutrition label?</p> <p>Why is it important for consumers to read and understand a nutrition label?</p> <p>What is the universal product code? Where is it located? What functions does it perform?</p> <p>What is open dating and what are the four different types of dates found on packaging?</p> <p>What are generic products?</p> <p>What additional claims are found on labels?</p> <p>Why is the cost per serving sometimes a better way to find the lowest food price?</p> <p>What should you do if you want to complain about food you purchased?</p>	<p>Compare and contrast Dietary Reference Allowances and Adequate Intakes, the 2 standards of assessing nutrient needs among people of different ages and genders.</p> <p>Identify the process of digestion and the absorption of nutrients into the blood stream.</p> <p>Examine nutrient transportation and nutrient storage.</p> <p>Identify how nutrients are put to work in the body by way of metabolism.</p> <p>Knowledgeably discuss the body's need for energy to perform internal work, including growth, repair, milk production, and heat generation, and external physical activity.</p> <p>Identify a calorie as a unit to measure the energy value of food.</p> <p>Identify a food label.</p> <p>Examine and interpret the information located on a nutrition label.</p> <p>Identify the nutritional information located on the nutrition label.</p> <p>Break down the series of lines, bars, and numbers that appear on packages of food and nonfood items.</p> <p>Discuss technological advances involving the UPC and how it affects the consumer on the everyday level.</p> <p>Identify the four different types of dates used by manufacturers.</p> <p>Discuss the nutritional value and cost effectiveness of generic products.</p> <p>Identify a variety of claims found on packaging and discuss the role of the USDA accountability for these claims.</p> <p>Compare and contrast the cost per serving and unit pricing.</p> <p>Discuss resources for consumer complaints.</p>	<p>Newspapers</p> <p>Videos</p> <p>Current textbooks</p> <p>Teacher resource binder</p> <p>Student workbooks</p> <p>Internet</p> <p>Magazines</p> <p>Cookbooks</p> <p>Newspapers</p> <p>Videos</p>	<p>Guided note taking</p> <p>Labs/Experiments</p> <p>Projects</p> <p>Home Labs</p> <p>Guest speakers</p> <p>Research assignments</p> <p>Lectures</p> <p>Class discussion</p> <p>Demonstrations</p> <p>Chapter study guides</p> <p>Teacher prepared packets</p> <p>Journals</p> <p>Power point presentations</p> <p>Labs/Experiments</p> <p>Projects</p> <p>Home Labs</p> <p>Guest speakers</p> <p>Research assignments</p>	<p>Mid term exam</p> <p>Final exam</p> <p>Unit tests</p> <p>Lab Evaluations</p> <p>Packet grades</p> <p>Projects – Rubric</p> <p>Journal grades</p> <p>Assignment grades</p> <p>Article summaries</p> <p>Mid term exam</p> <p>Final exam</p>

Suggestions on how to differentiate in this unit:

Students with individual learning styles can be assisted through adjustments in assessment standards and time restraints, one-to-one teacher support, extended testing time, and use of visual and auditory teaching methods. This wide variety of assessments, strategies, and hands-on evaluations complement the individual learning experience.

Freehold Regional High School District
Food Science and Nutrition

Unit #7: Food Laboratory

Enduring Understandings: Food is essential for maintaining the physical and psychological needs of the human body.
All nutrients have a unique function.
The art of cooking is a skill used on a daily basis.
Meal planning is an ever changing life talent that will be affected by ever changing life styles.
High levels of wellness and the ability to prevent diseases are established when a person is aware of healthy and unhealthy lifestyle patterns.
World hunger is not limited to Third World Countries, but occurs in our own country on the state and local levels.
Technological advances affect food production, new food inventions, and provide convenience in our personal food selection.
Careers in food related industries are always available since all people must consume food for survival.

Essential Questions: How does food satisfy physical needs and fulfill psychological needs?
What influences our food choices?
How does taste perception affect individuals likes and dislikes of food?
How do social, cultural, and religious customs affect our food decisions?
Why are regional foods important in food decisions?
Why is safety an important issue in the kitchen?
Why is sanitation important and how are food borne illnesses prevented?
To what extent does the purchase and storage of food affect its quality?
What are the benefits of a shopping list?
What factors affect a person's eating pattern?
How can comparison shopping impact a food budget?
How does an understanding of label information help purchasing decisions?
How does the progression through the life cycle change meal habits and choices?
What factors influence "meal appeal"?
How can current food trends be incorporated into meal planning?
Why is food that follows the theory of "from field to table" having more nutritional value than processed food products?
What constitutes a healthy or unhealthy diet?
What are the factors impacting hunger in Third World countries?
To what extent does human activity impact the food supply?
Why is hunger present in our own country?
How can we make a difference combating hunger on the local level?
In what ways do technological advances impact meal planning, preparation, and purchasing decisions?
What new food trends may emerge due to technology?
What career opportunities are available in the food science and nutrition field?
To what extent does training and education affect securing and succeeding in a food related career?

Unit Goal: Students will develop a working knowledge of all aspects in accurate and proper planning, preparation, serving, and consumption of food products.

Duration of Unit: 14 weeks and integrated throughout the curriculum

NJCCCS: 9.1.A.1,2,3,5; B.2,3,4.c-g,i-j; 9.2.A.1,3,4; B.2; C.2; D.2; E.2,5,8; F.1,4,5

Guiding / Topical Questions	Content and Skills	Instructional Resources and Materials	Teaching Strategies	Assessment Strategies
<p>What are the three types of Quick breads?</p> <p>What are the mixing methods of quick breads?</p> <p>What is a leavening agent?</p> <p>What are the two leavening agents frequently used in preparing quick breads?</p> <p>What is the meaning of the term “cut in”?</p> <p>What utensil is used to “cut in”?</p> <p>Why is Breakfast the most important meal of the day?</p> <p>Why is cereal such an important aspect of the American breakfast?</p> <p>What are the three major types of Salads?</p> <p>How are salads presented on a menu?</p> <p>How can an ordinary salad become a healthier salad?</p> <p>What is the origin and history of Pies and Pastry?</p> <p>What is the difference between a one crust and a two crust pie?</p> <p>What other ingredients can be used to prepare a crust other than pastry?</p> <p>What are the two decorative edges on a pie crust?</p> <p>What are the six different types of Cookies?</p> <p>Why is a consistent size important when baking cookies?</p> <p>What are the three different types of Soups?</p> <p>What is the nutritional value of soup?</p>	<p>Compare and contrast the three types of quick breads.</p> <p>Identify the function of each ingredient found in quick breads and examine the nutrients found in quick breads.</p> <p>Successfully prepare a variety of quick breads.</p> <p>Compare and contrast the leavening agents baking powder and baking soda.</p> <p>Identify the guidelines for choosing a healthy breakfast cereal.</p> <p>Design and create an original, computer generated cereal box.</p> <p>Plan and prepare a healthy, nutritious, well balanced breakfast.</p> <p>Identify, compare and contrast the three different types of salads.</p> <p>Recognize the types of salads found on a menu.</p> <p>Demonstrate the preparation of a variety of salads incorporating a variety of greens.</p> <p>Distinguish the various types of pie shells and fillings.</p> <p>Compare the two decorative edges on a pie crust.</p> <p>Examine the origin of pies and the translation of the word “pie” in several languages.</p> <p>Successfully prepare a variety of pie shells, crusts, fillings, and decorative edges.</p> <p>Distinguish between drop, bar, molded, refrigerator, pressed, and cut out cookies.</p> <p>Compare and contrast methods of dough preparation, baking, cooling, and storage of cookies.</p> <p>Identify the three basic types of soup.</p> <p>Determine the nutritional value and cost effectiveness of homemade soups.</p>	<p>Current textbooks</p> <p>Teacher resource binder</p> <p>Student workbooks</p> <p>Internet</p> <p>Magazines</p> <p>Cookbooks</p> <p>Newspapers</p> <p>Videos</p>	<p>Lectures</p> <p>Class discussion</p> <p>Demonstrations</p> <p>Chapter study guides</p> <p>Teacher prepared packets</p> <p>Journals</p> <p>Power point presentations</p> <p>Guided note taking</p> <p>Labs/Experiments</p> <p>Projects</p> <p>Home Labs</p> <p>Guest speakers</p> <p>Research assignments</p>	<p>Unit tests</p> <p>Lab Evaluations</p> <p>Packet grades</p> <p>Projects – Rubric</p> <p>Journal grades</p> <p>Assignment grades</p> <p>Article summaries</p> <p>Mid term exam</p> <p>Final exam</p>

Guiding / Topical Questions	Content and Skills	Instructional Resources and Materials	Teaching Strategies	Assessment Strategies
<p>What is the process of thickening?</p> <p>What are broth, stock, and bouillon?</p> <p>What convenience items can be substituted when preparing soup?</p> <p>What are the classifications of Vegetables?</p> <p>What nutrients are found in vegetables?</p> <p>What color pigments are found in vegetables?</p> <p>How can cooking affect the nutritional value of vegetables?</p> <p>What are the guidelines for purchasing fresh vegetables?</p> <p>What is Yeast?</p> <p>How does yeast function as a leavening agent?</p> <p>What is the proper procedure for kneading yeast products?</p> <p>Why are convenience yeast products so popular?</p> <p>What is the structure of an Egg?</p> <p>How should eggs be selected and stored?</p> <p>How can eggs act as a leavening agent?</p> <p>What are the functions of eggs?</p> <p>What is the nutritional value of eggs and why is an egg considered a nutritional standard?</p> <p>How can temperature affect the cooking process of eggs?</p> <p>What is the structure of a Grain kernel?</p> <p>What is the function of each kernel segment?</p> <p>What are the origins of a wide variety of grains?</p>	<p>Prepare an example of each type of soup.</p> <p>Classify vegetables according to parts of the plant.</p> <p>Identify the pigment giving each vegetable a particular color.</p> <p>Investigate the impact of cooking methods on the flavor, texture, nutritional value, and taste of vegetables.</p> <p>Examine the proper selection and storage of vegetables.</p> <p>Prepare fresh and cooked vegetables.</p> <p>Identify yeast as a microscopic plant.</p> <p>Experiment with yeast as a leavening agent.</p> <p>Put into action the definition of kneading.</p> <p>Successfully prepare a variety of yeast products including a yeast convenience product.</p> <p>Compare the taste, price, and preparation time between homemade yeast and convenience dough.</p> <p>Diagram the interior structure of an egg and identify the function of each segment while successfully preparing a variety of egg products demonstrating the functions of eggs.</p> <p>Identify the nutritional value of eggs.</p> <p>Examine the quality factors determining egg grades.</p> <p>Determine the principles of cooking eggs to understand coagulation.</p> <p>Identify the three segments of the kernel and the function of each segment.</p> <p>Look into the origins of a wide variety of grains and the popularity of use in particular countries and customs. Examine the nutritional value of grains.</p> <p>Experiment with calculations to determine the amount of an uncooked grain vs. the grain after cooking.</p> <p>Prepare a variety of grain products demonstrating a main dish, side dish, and dessert while incorporating the guidelines for cooking grains.</p>			

Guiding / Topical Questions	Content and Skills	Instructional Resources and Materials	Teaching Strategies	Assessment Strategies
<p>How can a grain product be used as a main dish, side dish, and a dessert product?</p> <p>What is the nutritional value of grains?</p> <p>What are the guidelines for choosing and cooking grains?</p> <p>What is the conversion of an uncooked grain into a cooked product?</p> <p>What is the proper inspection, selection, handling, and storage of Meat, Poultry, and Fish?</p> <p>What are the principles and methods of cooking meat, poultry, and fish?</p> <p>What is the nutritional value of meat, poultry, and fish?</p> <p>What are the correct selection and storage methods of the highly perishable Dairy products?</p> <p>What are the principles of cooking with milk and cheese, whipping cream, and preparing milk-based foods?</p> <p>What is the nutritional value of dairy products?</p> <p>What are the classifications of Fruits?</p> <p>What is the proper method of selecting and storing fresh fruit?</p> <p>What is the difference between canned, frozen, and dried fruit?</p> <p>Why are fresh fruits an important aspect of a healthy diet?</p>	<p>Define the three major meat categories.</p> <p>Look into the grades, cuts, and inspection processes of meat and poultry.</p> <p>Compare and contrast dry and moist cooking methods of meat, poultry, and fish.</p> <p>Compile a list of complete and incomplete proteins. Categorize meat, poultry, and fish.</p> <p>Demonstrate proper preparation and cooking of a meat, poultry, and/or fish product.</p> <p>Identify a variety of dairy vocabulary terms.</p> <p>Create caricatures on one-dimensional milk carton depicting a specific nutrient found in dairy products, highlighting the nutrient and its' function.</p> <p>Compare and contrast the calorie content of whole milk and cream products with low fat and non fat dairy choices.</p> <p>Successfully prepare a variety of dairy products.</p> <p>Identify and classify a large variety of fruit.</p> <p>Compare and contrast the buying and storing of canned, frozen, and dried fruit.</p> <p>Knowledgeably discuss the importance of incorporating fruit into a healthy eating plan.</p> <p>Successfully prepare a variety of fruit based products, preserving their color, texture flavor and nutrients.</p>			

Suggestions on how to differentiate in this unit:

Students with individual learning styles can be assisted through adjustments in assessment standards and time restraints, one-to-one teacher support, extended testing time, and use of visual and auditory teaching methods. This wide variety of assessments, strategies, and hands-on evaluations complement the individual learning experience

**Freehold Regional High School District
Food Science and Nutrition**

Unit #8: Meal Planning

Enduring Understandings: Food is essential for maintaining the physical and psychological needs of the human body.
 All nutrients have a unique function.
 The art of cooking is a skill used on a daily basis.
 Meal planning is an ever changing life talent that will be affected by ever changing life styles.
 High levels of wellness and the ability to prevent diseases are established when a person is aware of healthy and unhealthy lifestyle patterns.
 Technological advances affect food production, new food inventions, and provide convenience in our personal food selection.
 Careers in food related industries are always available since all people must consume food for survival.

Essential Questions: How does food satisfy physical needs and fulfill psychological needs?
 What influences our food choices?
 How does taste perception affect individuals likes and dislikes of food?
 How do social, cultural and religious customs affect our food decisions?
 Why are regional foods important in food decisions?
 Why is food that follows the theory of “from field to table” having more nutritional value than processed food products?
 How does the food guide pyramid assist in the selection of nutritional eating habits?
 Why is safety an important issue in the kitchen?
 Why is sanitation important and how are food borne illnesses prevented?
 To what extent does the purchase and storage of food affect its quality?
 What are the benefits of a shopping list?
 What factors affect a person’s eating pattern?
 How can comparison shopping impact a food budget?
 How can an individual effectively utilize the food guide pyramid?
 What constitutes a healthy or unhealthy diet?
 In what ways do technological advances impact meal planning, preparation, and purchasing decisions?
 What new food trends may emerge due to technology?
 What career opportunities are available in the food science and nutrition field?
 To what extent does training and education affect securing and succeeding in a food related career?

Unit Goal: Students will generate a portfolio of methods to plan and produce nutritional and economical meals for diverse lifestyles.

Duration of Unit: 3 weeks

NJCCCS: 9.1.A.1,2,3,5; B.2,3,4.c.-g.i-j; 9.2.A.1,3; B.2,3; C.2; E.2,5,8; F.1,4,5

Guiding / Topical Questions	Content and Skills	Instructional Resources and Materials	Teaching Strategies	Assessment Strategies
What are the benefits of planning meals?	Identify a meal manager.	Current textbooks	Lectures	Unit tests
What are the four goals of meal planning?	Examine the goals and benefits of meal planning including: good nutrition, planned spending, satisfying meals, and time management.	Teacher resource binder	Class discussion	Lab Evaluations
What percent of a day’s total nutrient	Examine the daily nutritional percentage breakdown between breakfast,		Demonstrations/ Projects	Packet grades

Guiding / Topical Questions	Content and Skills	Instructional Resources and Materials	Teaching Strategies	Assessment Strategies
<p>intake do breakfast, lunch, dinner, and snacks generally supply?</p> <p>What four factors help determine the amount of money a meal manager spends for food?</p> <p>What is meal appeal?</p> <p>How do convenience foods impact the budget?</p> <p>How can a meal manager simplify tasks?</p> <p>How can a meal manager reduce food expenses?</p> <p>What are government assistance programs?</p>	<p>lunch, dinner, and snacks.</p> <p>Consider the makeup (activity level, size, sex, and age) of the group or family consuming each meal and the impact of the above on the amount of money needed to prepare their meals. Develop a meal plan for a specific amount of time utilizing the framework of a specific budget.</p> <p>Look into how food flavors, colors, textures, shapes and sizes, and temperatures complement the sensory appeal of meals.</p> <p>Compare and contrast scratch cooking and speed-scratch cooking.</p> <p>Examine the impact of comparison shopping, the use of coupons, and shopping with a shopping list.</p> <p>Research a variety of national, state, and local food assistance programs.</p>	<p>Student workbooks</p> <p>Internet</p> <p>Magazines</p> <p>Cookbooks</p> <p>Newspapers</p> <p>Videos</p>	<p>Chapter study guides</p> <p>Teacher prepared packets</p> <p>Journals</p> <p>Power point presentations</p> <p>Guided note taking</p> <p>Labs/Experiments</p> <p>Research assignments</p> <p>Guest speakers</p>	<p>Projects – Rubric</p> <p>Journal grades</p> <p>Assignment grades</p> <p>Article summaries</p> <p>Mid term exam</p> <p>Final exam</p>
<p><u>Suggestions on how to differentiate in this unit:</u> Students with individual learning styles can be assisted through adjustments in assessment standards and time restraints, one-to-one teacher support, extended testing time, and use of visual and auditory teaching methods. This wide variety of assessments, strategies, and hands-on evaluations complement the individual learning experience.</p>				

**Freehold Regional High School District
Food Science and Nutrition**

Unit #9: World Hunger

Enduring Understandings: World hunger is not limited to third world countries but occurs in our own country on the state and local levels. Technological advances affect food production, new food inventions, and provide convenience in our personal food selection.

Essential Questions: What are the factors impacting hunger in third world countries?
To what extent does human activity impact the food supply?
Why is hunger present in our own country?
How can we make a difference combating hunger on the local level?
In what ways do technological advances impact meal planning, preparation, and purchasing decisions?
What new food trends may emerge due to technology?

Unit Goal: Students will analyze the factors affecting the world food supply and the impact individuals might have upon hungry populations.

Duration of Unit: 1 week

NJCCCS: 9.1.A.1,5; B.2; 9.2.A.1,3,4; B.3; C.2; D.2; E.8; F.1

Guiding / Topical Questions	Content and Skills	Instructional Resources and Materials	Teaching Strategies	Assessment Strategies
<p>What factors affect global food problems?</p> <p>What are the components of a food chain and how do they function?</p> <p>What are the advantages and disadvantages of large U.S. farms?</p> <p>How does food processing impact food spoilage?</p> <p>Why is food scarcity a large problem in developing nations?</p> <p>How can alternative farming methods and ways of living increase food supplies?</p> <p>How can an individual assist and become part of the hunger solution on the local level?</p>	<p>Identify and discuss the factors impacting world hunger including economics, inefficient farming methods, natural disasters, population, fuel shortages, and political conflicts.</p> <p>Discuss the four main components of the food chain, and examine the impact when one or more of these components break down.</p> <p>Look into the efficiency level of large U.S. farms and their ability to provide food.</p> <p>Examine the increasing growth of people purchasing fresh food from the small local farmers.</p> <p>Discuss the role of food processors and the common preservation processes they employ.</p> <p>Examine the obstacles facing developing countries when trying to feed themselves and their families.</p> <p>Look into the role of organized groups, international and national, and how they contribute their expertise to improve food security, and a steady food supply.</p> <p>Identify agro forestry, aquaculture, and hydroponic farming.</p> <p>Organize a food drive and volunteer at a local food pantry.</p>	<p>Current textbooks</p> <p>Teacher resource binder</p> <p>Student workbooks</p> <p>Internet</p> <p>Magazines</p> <p>Cookbooks</p> <p>Newspapers</p> <p>Videos</p>	<p>Lectures</p> <p>Class discussion</p> <p>Demonstrations</p> <p>Chapter study guides</p> <p>Teacher prepared packets</p> <p>Journals</p> <p>Power point presentations</p> <p>Guided note taking</p> <p>Labs/Experiments</p> <p>Projects</p> <p>Home Labs</p> <p>Guest speakers/ Class Trips</p> <p>Research assignments</p>	<p>Unit tests</p> <p>Lab Evaluations</p> <p>Packet grades</p> <p>Projects – Rubric</p> <p>Journal grades</p> <p>Assignment grades</p> <p>Article summaries</p> <p>Mid term exam</p> <p>Final exam</p>

Suggestions on how to differentiate in this unit:

Students with individual learning styles can be assisted through adjustments in assessment standards and time restraints, one-to-one teacher support, extended testing time, and use of visual and auditory teaching methods. This wide variety of assessments, strategies, and hands-on evaluations complement the individual learning experience.

**Freehold Regional High School District
Food Science and Nutrition**

Unit #10: Diets and Eating Disorders

Enduring Understandings: Meal planning is an ever changing life talent that will be affected by ever changing life styles.
High levels of wellness and the ability to prevent diseases are established when a person is aware of healthy and unhealthy lifestyle patterns
Technological advances affect food production, new food inventions, and provide convenience in our personal food selection.

Essential Questions: How does the progression through the life cycle change meal habits and choices?

What factors influence “meal appeal”?

How can current food trends be incorporated into meal planning?

What does it mean to be physically fit?

What constitutes a healthy or unhealthy diet?

How do fad diets affect a person’s health?

What elements contribute to the development of an eating disorder?

How can proper nutrition keep an individual healthy?

How can fast food impact a healthy diet?

In what ways do technological advances impact meal planning, preparation, and purchasing decisions?

Unit Goal: Students will understand the importance of a healthy diet and the physical and psychological factors that contribute to eating disorders.

Duration of Unit: 2 weeks

NJCCCS: 9.1.A.1,2,3,5; B.2,3,4.c-g,i-j; 9.2.A.1,3; B.2,3; C.2; E.2,5,8; F.1,4,5

Guiding / Topical Questions	Content and Skills	Instructional Resources and Materials	Teaching Strategies	Assessment Strategies
<p>What constitutes a healthy or an unhealthy diet?</p> <p>What is the RDA and how is it used for dietary decisions? What are the Dietary Guidelines for Americans?</p> <p>How do dietary requirements change through the life cycle?</p> <p>How do fad diets affect a person’s health?</p> <p>What methods determine healthy weight? What is the impact of unrealistic body images depicted through the media?</p> <p>What are the causes for the rising number of people who are overweight?</p> <p>What is the relationship between an exercise program for weight loss and physical fitness?</p> <p>What are the three major eating disorders?</p>	<p>Compare and contrast healthy and unhealthy diets.</p> <p>Identify the RDA and explain its recommendations and allowances according to sex and age group.</p> <p>Look into the seven Dietary Guidelines for Americans.</p> <p>Examine the diets for infancy, early childhood, school age children, teens, adults, senior citizens, along with pregnant and lactating women.</p> <p>List and analyze current fad diets. Determine the benefits and disadvantages of each.</p> <p>Discuss the impact the media has on portraying unrealistic body images.</p> <p>Discuss the obesity problem facing Americans and the steps being taken to reduce this health crisis.</p> <p>Identify Body Mass Index and Body Fat Percentage.</p>	<p>Current textbooks</p> <p>Teacher resource binder</p> <p>Student workbooks</p> <p>Internet</p> <p>Magazines</p> <p>Cookbooks</p> <p>Newspapers</p> <p>Videos</p>	<p>Lectures</p> <p>Class discussion/ Demonstrations</p> <p>Chapter study guides</p> <p>Teacher prepared packets</p> <p>Journals/Projects</p> <p>Power point presentations</p> <p>Labs/Experiments</p> <p>Guest speakers</p> <p>Research assignments</p>	<p>Unit tests</p> <p>Lab Evaluations</p> <p>Packet grades</p> <p>Projects – Rubric</p> <p>Journal grades</p> <p>Assignment grades</p> <p>Article summaries</p> <p>Mid term exam</p> <p>Final exam</p>

Guiding / Topical Questions	Content and Skills	Instructional Resources and Materials	Teaching Strategies	Assessment Strategies
What elements contribute to the development of an eating disorder?	<p>Determine how aerobic and anaerobic exercise assist in weight loss and physical fitness.</p> <p>Identify Anorexia, Binge Eating, and Bulimia Nervosa.</p> <p>Discuss the psychological relationship between extreme emotions, attitudes, and behaviors, and food, eating, and weight.</p>			
<p><u>Suggestions on how to differentiate in this unit:</u> Students with individual learning styles can be assisted through adjustments in assessment standards and time restraints, one-to-one teacher support, extended testing time, and use of visual and auditory teaching methods. This wide variety of assessments, strategies, and hands-on evaluations complement the individual learning experience.</p>				

Recommended Texts

Food for Today, Glencoe/McGraw-Hill

Guide to Good Food, The Goodheart-Willcox Company, Inc.