

Nutrition and Wellness

Course Outline

I. Food and Advertising

- A. Identify and explain how colors have an impact on food selection and hunger.
- B. Identify and categorize food marketing techniques.
- C. Construct a food advertisement using marketing techniques.
- D. Defend the effectiveness of marketing techniques.
- E. Define and summarize the “Language of Advertising.”
- F. Compare, contrast, and evaluate actual products with their advertisements.

II. Food Labels

- A. Identify parts of a food label.
- B. Interpret and use a food label to determine nutritional and health benefits of the particular product.

III. Unit Pricing

- A. Define and identify what a unit price is.
- B. Calculate unit prices.
- C. Compare and evaluate unit pricing in the purchasing process.

IV. Portion Sizes and the USDA Dietary Guidelines

- A. Identify and summarize the new USDA dietary guidelines.
- B. Compare and contrast common portion sizes to recommended portion sizes.
- C. Analyze the change in fast food portion sizes
- D. Evaluate the effects of growing portion sizes.

V. Personal wellness and nutrition

- A. Determine personal energy needs.
- B. Analyze and evaluate overall personal diet and fitness.
- C. Construct a personal menu that meets personal diet and fitness levels as well as the USDA dietary guidelines.

VI. Food Safety and Sanitation

- A. Identify improper safety and sanitation practices.
- B. Demonstrate proper safety and sanitation practices.
- C. Define and analyze sanitation practices that contribute to common food borne illnesses.

VII. Measuring

- A. Demonstrate proper measuring techniques

VIII. Recipes and Menu Planning

- A. Identify necessary parts of a recipe.
- B. Construct a whole recipe from its parts.
- C. Plan a menu that meets USDA dietary guidelines, and select recipes that follow the plan and guidelines.
- D. Evaluate the nutritional value of recipes.
- E. Evaluate the preparation processes of a recipe.

IX. Food Preparation

- A. Convert recipe yields.

- B. Modify recipes for health benefits/ challenges.
- C. Construct a recipe from leftovers.
- D. Select, use, and maintain food preparation and storage equipment.
- E. Select, prepare, and serve nutritious, safe, and aesthetically pleasing foods.
- F. Demonstrate collaborative work.

Instructional Resources

Teacher created resources
Various websites for diet analysis.

Assessments

Observation
Tests
Quizzes
Oral reporting
Demonstration
Simulation
Research
Presentation
Construction
Projects
Discussion