

Area of Study: 9.0 NASAFACS “Food Science, Dietetics, and Nutrition” and 14.0 NASAFACS “Nutrition and Wellness”

Career Field: Human Services and Resources

Career Cluster: Human Services

Career Pathway: Consumer Services, Counseling & Mental Health Services, Early Childhood Development & Services, Family & Community Services, and Personal Care Services

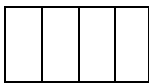
STRAND	STANDARD	OBJECTIVES (What it looks like in the classroom) The learner will í	# OF DAYS NEEDED FOR MASTERY		ASSESSMENT TYPE (classroom, STAR, objective, subjective, project, etc.)	RESOURCES (Materials, web sites, auto-visual, print)	LEARNING ACTIVITIES
Psychological and Social aspects of food.	14.1 Analyze factors that influence nutrition and wellness practices across the life span.	14.1.1 Explain physical, emotional, social, psychological, and spiritual components of individual and family wellness. 14.1.2 Analyze the effects of psychological, cultural, and social influences on food choices and other nutrition practices.			<ol style="list-style-type: none"> 1. Chapter 1 Study Guide 2. “Old Business Reviews” to check individual understanding 3. Chapter 1 Exam 	<p><u>Foods for Today</u> Chapter 1 ó “Exploring Food Choices”</p>	<ul style="list-style-type: none"> • Chapter 1 Study Guide • Nutrition Assessment ó http://www.mypyramid.gov • http://health.msn.com/reports/obesity/default.aspx • http://nat.crgq.com

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Safety and Sanitation	9.2 Apply risk management procedures to food safety, food testing, and sanitation.	9.2.1 Analyze factors that contribute to food borne illnesses. 9.2..5 Demonstrate practices and procedures that assure personal and workplace health and hygiene. 9.2.6 Demonstrate standard procedures for receiving and storage of raw and prepared foods.			<ul style="list-style-type: none"> • Chapter 7 Study Guide • Food Borne Pathogen Posters • òOld Businessö Reviews • Chapter 7 Exam 	<p><u>Foods for Today</u> Chapter 7 ó òKitchen Principlesö</p> <p>University of Nebraska Extension ó Lancaster County Food Safety Power Point</p>	<ul style="list-style-type: none"> • Chapter 7 Study Guide • Video òFood Safety if NO Mysteryö • Student made posters on food borne pathogens • Work book Activity òWhere's It At In Your Kitchenö • Lab Activities: <ol style="list-style-type: none"> 1. Measurement 2. Reading a Recipe 3. Muffin Method 4. Muffin Lab ó òApple/Bran Muffinsö

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Personal Nutritional Assessment	14.2 Evaluate the nutritional needs of individuals in relation to health and wellness.	<p>14.2.1 Analyze the effect of nutrients on health, appearance, and peak performance.</p> <p>14.2.2 Analyze the relationship of nutrition and wellness to individual health.</p> <p>14.2.4 Analyze sources of food and nutrition information, including food labels, related to health and wellness.</p>			<ul style="list-style-type: none"> • Chapter 2 Study Guide • Old Business Reviews to check individual understanding • Exams <p>Carbohydrates Proteins Fats Vitamins Minerals</p>	<p><u>Foods for Today</u> Chapter 2 ó The Nutrients You Need</p> <p>Personally prepared information about each of the following nutrients groups:</p> <ol style="list-style-type: none"> 1. Carbohydrates 2. Proteins 3. Fats 4. Vitamins 5. Minerals 6. Water 	<ul style="list-style-type: none"> • Chapter 2 Study Guide • Nutrition Assessment ó http://www.mypyramid.gov • http://health.msn.com/reports/obesity/default.aspx • http://nat.crgq.com • Nutrient Mapping Projects • Nutrient Lab Projects

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Careers in Nutrition	9.1 Analyze career paths within food science, food technology, dietetics, and nutrition industries.	9.1.1 Explain the roles and functions of individuals engaged in food science, food technology, dietetics, and nutrition careers. 9.1.3 Summarize education and training requirements and opportunities for career paths in food science, food technology, dietetics and nutrition.			Written review.	University of Nebraska ó Lincoln Sports Nutrition University of Nebraska ó Lincoln Food Science and Technology Department	Field trip to University of Nebraska

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