

GRADE LEVEL: 9-12

SUBJECT: NUTRITION AND WELLNESS

DATE: 2017 – 2018

GRADING PERIOD: QUARTER 1

MASTER COPY 4/2/2018

CONTENT	STANDARD INDICATORS	SKILLS	ASSESSMENT	VOCAB	PRIORITY
PERSONAL, ACADEMIC, AND CAREER SUCCESS					
<ul style="list-style-type: none"> • CRITICAL THINKING • CREATIVE THINKING • REASONING 	NW-1.1: Demonstrate components of critical thinking, creative thinking, and reasoning.	<ul style="list-style-type: none"> • Demonstrate components of critical thinking, creative thinking, and reasoning. 	<ul style="list-style-type: none"> • Small Appliance Presentation • Daily Work • Test 	<ul style="list-style-type: none"> • Critical Thinking • Creative Thinking • Reasoning 	Important
<ul style="list-style-type: none"> • EFFECTIVE COMMUNICATION PROCESSES 	NW-1.2: Evaluate effective communication processes in school, family, career, and community setting.	<ul style="list-style-type: none"> • Evaluate effective communications in school, family, career, and community. 	<ul style="list-style-type: none"> • Journals • Bell Ringer 	<ul style="list-style-type: none"> • Communication • Effective • Community 	Important
<ul style="list-style-type: none"> • LEADERSHIP • RESPECT • CONTRIBUTIONS 	NW-1.3: Demonstrate leadership that encourages participation and respect for the ideas, perspectives, and contributions of group members.	<ul style="list-style-type: none"> • Demonstrate leadership and respect of ideas, perspectives and contributions of group members. 	<ul style="list-style-type: none"> • Group projects • Labs • Presentations 	<ul style="list-style-type: none"> • Leadership • Respect • Contributions 	Important
<ul style="list-style-type: none"> • MANAGEMENT • DECISION-MAKING • PROBLEM SOLVING 	NW-1.4: Apply management, decision-making, and problem solving processes to accomplish tasks and fulfill responsibilities.	<ul style="list-style-type: none"> • Apply management, decision-making and problem solving. 	<ul style="list-style-type: none"> • Daily work • Presentations • Labs • Test 	<ul style="list-style-type: none"> • Decision making • Problem solving 	Important
<ul style="list-style-type: none"> • INTERRELATIONSHIPS • COMMUNICATION • LEADERSHIP • MANAGEMENT 	NW-1.5: Examine the interrelationships among thinking, communication, leadership, and management processes to address family, community, and workplace issues.	<ul style="list-style-type: none"> • Examine interrelationships among thinking, communication, leadership, and management to address family, community and workplace issues. 	<ul style="list-style-type: none"> • Daily Work 	<ul style="list-style-type: none"> • Interrelationship • Communication • Leadership • Management 	Important

CONTENT	STANDARD INDICATORS	SKILLS	ASSESSMENT	VOCAB	PRIORITY
PERSONAL, ACADEMIC, AND CAREER SUCCESS					
<ul style="list-style-type: none"> CAREER SUCCESS 	NW-1.6: Demonstrate fundamentals to career success.	<ul style="list-style-type: none"> Demonstrate strong work ethic, goal setting, time-management, positive attitude, adaptability, stress resilience, accountability, self-discipline, resourcefulness, cooperation, and self-assessment. 	<ul style="list-style-type: none"> Daily work 	<ul style="list-style-type: none"> Ethics Goals Time-management Attitude Adaptability Stress Accountability Self-discipline Resourcefulness Cooperation Assessment 	Important
<ul style="list-style-type: none"> ETIQUETTE 	NW-1.7: Demonstrate etiquette skills for business and social situations.	<ul style="list-style-type: none"> Demonstrate etiquette skills. 	<ul style="list-style-type: none"> Daily work labs 	<ul style="list-style-type: none"> Etiquette 	Important
NUTRITION PRINCIPLES AND APPLICATIONS					
<ul style="list-style-type: none"> USDA DIETARY GUIDELINES MY PLATE 	NW-2.1: Analyze food and nutrition information, including USDA Dietary guidelines and My Plate, to meet nutrition and wellness goals across the lifespan.	<ul style="list-style-type: none"> Analyze food and nutrition information. 	<ul style="list-style-type: none"> Daily work 	<ul style="list-style-type: none"> USDA Dietary My Plate Lifespan 	Important
<ul style="list-style-type: none"> PORTION SIZES LIFESPAN 	NW-2.2: Demonstrate proper portion sizes for each food group across the lifespan.	<ul style="list-style-type: none"> Demonstrate proper portion sizes across the lifespan. 	<ul style="list-style-type: none"> Daily work 	<ul style="list-style-type: none"> Portion Lifespan 	Additional

CONTENT	STANDARD INDICATORS	SKILLS	ASSESSMENT	VOCAB	PRIORITY
NUTRITION PRINCIPLES AND APPLICATIONS					
<ul style="list-style-type: none"> • NUTRIENT GROUPS • FOOD SOURCES 	NW-2.3: Describe the six groups of nutrients, their functions to meet nutrition requirements and classify food sources.	<ul style="list-style-type: none"> • Describe nutrient groups and classify food sources. 	<ul style="list-style-type: none"> • Daily work 	<ul style="list-style-type: none"> • Nutrients • Requirements 	Critical
INFLUENCES ON NUTRITION AND WELLNESS					
<ul style="list-style-type: none"> • ECONOMIC FACTORS • FOOD SELECTION • AVAILABILITY 	NW-3.3: Examine how economic factors affect food selection and availability.	<ul style="list-style-type: none"> • Examine economic factors affecting food availability. 	<ul style="list-style-type: none"> • Daily work 	<ul style="list-style-type: none"> • Economic • Availability 	Important
FOOD PREPARATION, SAFETY, AND HANDLING					
<ul style="list-style-type: none"> • FOOD BORNE ILLNESS 	NW-4.1: Define and explain food borne illness and demonstrate how to prevent them by applying the concepts of “clean, separate, cook, and chill”.	<ul style="list-style-type: none"> • Explain food borne illness and demonstrate by applying the concepts clean, separate, cook and chill. 	<ul style="list-style-type: none"> • Daily work • Lab 	<ul style="list-style-type: none"> • Food borne illness 	Critical
<ul style="list-style-type: none"> • SAFE EQUIPMENT USE • EQUIPMENT MAINTENANCE 	NW-4.2: Demonstrate basic abilities to safely use and maintain equipment within a kitchen setting, including large and small appliances, small kitchen tools, measuring tools, and knives.	<ul style="list-style-type: none"> • Demonstrate safe use and maintenance of equipment within the kitchen including large and small appliances, small kitchen tools, measuring tools and knives. 	<ul style="list-style-type: none"> • Daily work • Lab 	<ul style="list-style-type: none"> • Large appliance • Small appliance • Kitchen tools • Measuring tools • Knives 	Important

CONTENT	STANDARD INDICATORS	SKILLS	ASSESSMENT	VOCAB	PRIORITY
FOOD PREPARATION, SAFETY, AND HANDLING					
<ul style="list-style-type: none"> • NUTRITIOUS FOOD PREP • USE OF BASIC METHODS AND TECHNIQUES • 	NW-4.3: Demonstrate abilities to prepare nutritious foods using a variety of basic methods and techniques.	<ul style="list-style-type: none"> • Demonstrate a variety of basic methods and techniques to prepare nutritious foods. 	<ul style="list-style-type: none"> • Demonstration • Lab 	<ul style="list-style-type: none"> • Nutritious • Techniques 	Important
<ul style="list-style-type: none"> • RESOURCE MANAGEMENT • WORK PLANS • COLLABORATION 	NW-4.4: Apply basic principles of resource management when planning, preparing, and serving nutritious food, including food costs and availability, work plans and timetables, efficient work methods, and collaboration with others.	<ul style="list-style-type: none"> • Plan, prepare, and serve nutritious food including cost, work plans, timetables, efficient work methods and collaboration with others. 	<ul style="list-style-type: none"> • Lab • Lab Planning 	<ul style="list-style-type: none"> • Resource Management • Efficient • Collaboration 	Important
<ul style="list-style-type: none"> • INCREASE RECIPE MEASUREMENTS • DECREASE RECIPE MEASUREMENTS 	NW-4.5: Demonstrate abilities to increase and decrease recipe measurements based on desired yield.	<ul style="list-style-type: none"> • Demonstrate increasing and decreasing measurements based on desired yield. 	<ul style="list-style-type: none"> • Daily work 	<ul style="list-style-type: none"> • Measurement • Yield 	Important

CONTENT	STANDARD INDICATORS	SKILLS	ASSESSMENT	VOCAB	PRIORITY
SCIENCE, TECNLOGY, AND CAREERS IN NUTRITION AND WELLNESS					
<ul style="list-style-type: none"> • TRENDS AND EMPLOYMENT OPPORTUNITIES • PREPARATION REQUIREMENTS • CAREERS IN NUTRITION, FOOD, WELLNESS 	<p>NW-5.4: Discuss trends, employment opportunities, and preparation requirements for careers related to nutrition, food, and wellness.</p>	<ul style="list-style-type: none"> • Discuss trends, employment, and preparation requirements for careers in nutrition, food and wellness. 	<ul style="list-style-type: none"> • Daily work • Research Project 	<ul style="list-style-type: none"> • Employment • Trends • Requirements • Careers 	Important

GRADE LEVEL: 9-12

SUBJECT: NUTRITION AND WELLNESS

DATE: 2017 – 2018

GRADING PERIOD: QUARTER 2

MASTER COPY 4/2/2018

CONTENT	STANDARD INDICATORS	SKILLS	ASSESSMENT	VOCAB	PRIORITY
PERSONAL, ACADEMIC, AND CAREER SUCCESS					
<ul style="list-style-type: none"> •CRITICAL THINKING •CREATIVE THINKING •REASONING 	NW-1.1: Demonstrate components of critical thinking, creative thinking, and reasoning.	<ul style="list-style-type: none"> • Demonstrate components of critical thinking, creative thinking, and reasoning. 	<ul style="list-style-type: none"> • Daily work • Presentation • Test 	<ul style="list-style-type: none"> • Critical Thinking • Creative Thinking • Reasoning 	Important
<ul style="list-style-type: none"> •EFFECTIVE COMMUNICATION PROCESSES 	NW-1.2: Evaluate effective communication processes in school, family, career, and community setting.	<ul style="list-style-type: none"> • Evaluate effective communications in school, family, career, and community. 	<ul style="list-style-type: none"> • Journals • Bell Ringer 	<ul style="list-style-type: none"> • Communication • Effective • Community 	Important
<ul style="list-style-type: none"> •LEADERSHIP •RESPECT •CONTRIBUTIONS 	NW-1.3: Demonstrate leadership that encourages participation and respect for the ideas, perspectives, and contributions of group members.	<ul style="list-style-type: none"> • Demonstrate leadership and respect of ideas, perspectives and contributions of group members. 	<ul style="list-style-type: none"> • Group projects • Labs • Presentations 	<ul style="list-style-type: none"> • Leadership • Respect • Contributions 	Important
<ul style="list-style-type: none"> •MANAGEMENT •DECISION-MAKING •PROBLEM SOLVING 	NW-1.4: Apply management, decision-making, and problem solving processes to accomplish tasks and fulfill responsibilities.	<ul style="list-style-type: none"> • Apply management, decision-making and problem solving. 	<ul style="list-style-type: none"> • Daily work • Presentations • Labs • Test 	<ul style="list-style-type: none"> • Decision making • Problem solving 	Important

CONTENT	STANDARD INDICATORS	SKILLS	ASSESSMENT	VOCAB	PRIORITY
PERSONAL, ACADEMIC, AND CAREER SUCCESS					
<ul style="list-style-type: none"> • CAREER SUCCESS 	NW-1.6: Demonstrate fundamentals to career success.	<ul style="list-style-type: none"> • Demonstrate strong work ethic, goal setting, time-management, positive attitude, adaptability, stress resilience, accountability, self-discipline, resourcefulness, cooperation, and self-assessment. 	<ul style="list-style-type: none"> • Daily Work • Lab • Group Work 	<ul style="list-style-type: none"> • Ethics • Goals • Time-management • Attitude • Adaptability • Stress • Accountability • Self-discipline • Resourcefulness • Cooperation • Assessment 	Important
<ul style="list-style-type: none"> • PROBLEM SOLVE • COMMUNICATE FOOD, FITNESS, NUTRITION AND WELLNESS IDEAS	NW-1.8: Apply knowledge gained through research to solve problems and communicate ideas in the fields of food, fitness, nutrition, and wellness.	<ul style="list-style-type: none"> • Research information, solve problems and communicate ideas in food, fitness, nutrition, and wellness. 	<ul style="list-style-type: none"> • Daily Work • Research 	<ul style="list-style-type: none"> • Problem Solve • Communicate • Nutrition • Wellness 	Important
NUTRITION PRINCIPLES AND APPLICATIONS					
<ul style="list-style-type: none"> • FOOD LABELS • HEALTH AND WELLNESS CHOICES 	NW-2.4: Compare food label information to make health and wellness choices.	<ul style="list-style-type: none"> • Compare food labels to make informed health and wellness choices. 	<ul style="list-style-type: none"> • Daily Work • Group Work 	<ul style="list-style-type: none"> • Food Label • Health • Wellness 	Important

CONTENT	STANDARD INDICATORS	SKILLS	ASSESSMENT	VOCAB	PRIORITY
NUTRITION PRINCIPLES AND APPLICATIONS					
<ul style="list-style-type: none"> • ANALYZE WELLNESS GOALS • FADS/FALLACIES • WEIGHT MANAGEMENT • SPORTS/NUTRITIONAL SUPPLEMENTS 	NW-2.5: Analyze and assess wellness goals across the lifespan, particularly for teenagers (e.g., food fads and fallacies, extreme procedures for weight management, sports supplements, nutritional supplements).	<ul style="list-style-type: none"> • Analyze and assess wellness goals across the lifespan, particularly for teenagers. 	<ul style="list-style-type: none"> • Daily Work 	<ul style="list-style-type: none"> • Fads • Fallacies • Lifespan • Supplements 	Important
INFLUENCES ON NUTRITION AND WELLNESS					
<ul style="list-style-type: none"> • PHYSICAL WELLNESS • EMOTIONAL WELLNESS • SOCIAL WELLNESS • INTELLECTUAL WELLNESS • CULTURAL WELLNESS • ETHNIC COMPONENTS OF INDIVIDUAL AND FAMILY WELLNESS 	NW-3.1: Assess physical, emotional, social, intellectual, cultural, and ethnic components of individual and family wellness.	<ul style="list-style-type: none"> • Assess physical, emotional, social, intellectual, cultural, ethnic components of individual and family wellness. 	<ul style="list-style-type: none"> • Daily work 	<ul style="list-style-type: none"> • Physical • Emotional • Social • Cultural • Ethnic • Wellness 	Important
<ul style="list-style-type: none"> • GEOGRAPHICAL LOCATION • CLIMATE LOCATION • FOOD SELECTION AND AVAILABILITY 	NW-3.2: Explain how geographical location and climate location affects food selection and availability.	<ul style="list-style-type: none"> • Explain how geographical location and climate affects food selection and availability. 	<ul style="list-style-type: none"> • Daily work • Test 	<ul style="list-style-type: none"> • Geography • Climate 	Important

CONTENT	STANDARD INDICATORS	SKILLS	ASSESSMENT	VOCAB	PRIORITY
INFLUENCES ON NUTRITION AND WELLNESS					
<ul style="list-style-type: none"> • LEGISLATION • REGULATIONS • FOOD, NUTRITION AND WELLNESS • 	NW-3.4: Identify legislation and regulations related to food, nutrition, and wellness issues.	<ul style="list-style-type: none"> • Identify legislation and regulation related to food, nutrition and wellness. 	<ul style="list-style-type: none"> • Daily work 	<ul style="list-style-type: none"> • LEGISLATION • REGULATIONS 	Important
<ul style="list-style-type: none"> • NUTRITIVE VALUE • COSTS • SNACKS, FAST FOODS AND BALANCED MEALS 	NW-3.5: Evaluate the nutritive value and costs of snacks, fast foods, and balanced meals.	<ul style="list-style-type: none"> • Evaluate the nutritive value and cost of snacks, fast foods, and balanced meals. 	<ul style="list-style-type: none"> • Daily work 	<ul style="list-style-type: none"> • Nutritive • Balanced meal 	Additional
FOOD PREPARATION, SAFETY, AND HANDLING					
<ul style="list-style-type: none"> • NUTRITIOUS FOOD PREPARATION • USE OF BASIC METHODS AND TECHNIQUES 	NW-4.3: Demonstrate abilities to prepare nutritious foods using a variety of basic methods and techniques.	<ul style="list-style-type: none"> • Demonstrate a variety of basic methods and techniques to prepare nutritious foods. 	<ul style="list-style-type: none"> • Demonstration • Lab 	<ul style="list-style-type: none"> • Nutritious • Techniques 	Important
<ul style="list-style-type: none"> • RESOURCE MANAGEMENT • WORK PLANS • COLLABORATION 	NW-4.4: Apply basic principles of resource management when planning, preparing, and serving nutritious food, including food costs and availability, work plans and timetables, efficient work methods, and collaboration with others.	<ul style="list-style-type: none"> • Plan, prepare, and serve nutritious food including cost, work plans, timetables, efficient work methods and collaboration with others. 	<ul style="list-style-type: none"> • Lab • Lab Planning 	<ul style="list-style-type: none"> • Resource Management • Efficient • Collaboration 	Important

CONTENT	STANDARD INDICATORS	SKILLS	ASSESSMENT	VOCAB	PRIORITY
SCIENCE, TECNOLOGY, AND CAREERS IN NUTRITION AND WELLNESS					
<ul style="list-style-type: none"> • FOOD SAFETY • NUTRITION AND WELLNESS • ORGANIC • HOLISTIC • GENETICS • HORMONES 	NW-5.1: Discuss current technology and techniques used to develop, produce, process, and store foods and their impacts on food safety, nutrition, and wellness (e.g., organic, holistic, genetics, hormones).	<ul style="list-style-type: none"> • Discuss current technology and techniques used to develop, produce, process and store foods safely and their impacts on safety, nutrition, and wellness. 	<ul style="list-style-type: none"> • Daily work 	<ul style="list-style-type: none"> • Organic • Holistic • Genetics • Hormones 	Additional
<ul style="list-style-type: none"> • TECHNOLOGICAL TOOLS • TRACK NUTRITION AND WELLNESS 	NW-5.2: Explore technological tools and advancements used to track nutrition and wellness goals and progress.	<ul style="list-style-type: none"> • Explore technological tools used to track nutrition and wellness goals and progress. 	<ul style="list-style-type: none"> • Daily work • Project 	<ul style="list-style-type: none"> • Technological • Advancements 	Important
<ul style="list-style-type: none"> • DEVELOPMENTS AND TRENDS IN FOOD MARKETING • IMPACTS ON FAMILY AND CONSUMER CHOICES 	NW-5.3: Examine developments and trends in food marketing, and their impacts on family and consumer choices.	<ul style="list-style-type: none"> • Examine trends in food marketing and their impacts on family and consumer choices. 	<ul style="list-style-type: none"> • Daily work 	<ul style="list-style-type: none"> • Trends • Food Marketing 	Additional
<ul style="list-style-type: none"> • TRENDS AND EMPLOYMENT OPPORTUNITIES • PREPARATION REQUIREMENTS • CAREERS IN NUTRITION, FOOD, WELLNESS 	NW-5.4: Discuss trends, employment opportunities, and preparation requirements for careers related to nutrition, food, and wellness.	<ul style="list-style-type: none"> • Discuss trends, employment, and preparation requirements for careers in nutrition, food and wellness. 	<ul style="list-style-type: none"> • Daily Work • Research Project 	<ul style="list-style-type: none"> • Employment • Trends • Requirements • Careers 	Important