

SPORTS AND NUTRITION

SPORTS AND NUTRITION- SEM. 1

- Speakers: Food Safety, County Public Health Dept.
- Allen Smith, Competed on season 10 Biggest Loser
- Ebban Sample, Culinary school
- Personal Trainer

Intro to Foods Lab and Safety

DAY:

- 1 What did you have for breakfast? Is there something else you can grab?
Get to know you activity
 - 2 What is it? Bring Your Own Device. (Crushaw Melon, Heirloom Tomatoes, Zucchini, Kale, Local Produce, Spaghetti Squash, Roasted beets and beet greens)
 - 3 “Name that tool” kitchen equipment/ Historical equipment
 - 4 Lab: Demonstration Smoothie, lab, and evaluation
 - 5 Equipo (like Bingo)
 - 6 Scavenger Hunt of Text book - Assignment on equipment and safety
 - 7 Lab: Snack Attack and evaluation
 - 8 Pre-test : Food Safety
- DVD: Danger Zone or teacher show examples of poor safety practices
- 9 FCCLA Rush week information
 - 10 Food Safety web site
 - 11 Knife Skills and Safety
 - 12 Salsa Lab using knife skills
 - 13 Salsa Lab and evaluation
 - 14 Quiz on Equipment, food safety, and knife skills

Measuring and Manners

DAY:

- 15 Measuring demo, prepare no bake cookies
 - 16 Measuring DVD “Measure Up”
 - 17 Measuring Match-up
- Measuring Review
- 18 Table setting and manners

- 19 Lab: Sticks and Stones demo
- 20 Lab: Sticks and Stones, Set table
- 21 Quiz: Measuring and Table setting

My Plate, Reading Labels, Calories, Portion Distortion

DAY:

- 22 Why we Eat? Mindless Eating: <http://www.cornell.edu/video/brian-wansink-mindless-eating-why-we-eat-more-than-we-think>
- 23 My Plate ppt. and activity,(Everyone has a paper plate, put together their own My Plate

Using magazine food cut-outs. Display around the world) Mindless Eating

- 24 Reflection on paper plates, International Countries Food Guides, Hungry Planet, What does the average family eat in various countries in a week.
- 25 My Plate Web Page
- 26 Reading a Label, Purdue DVD

Reading a Label experiment

Tubes of Sugar (Nasco) Assignment: Favorite Food Label

28 Sugar in a bottle: Each student brings in a pop or sports drink bottle. Read the amount of sugar and convert grams to tablespoons. Measure out the sugar (use salt because cheaper), and display the bottles.

29 Sentron Scale Lab : Using the scale, each student will choose a piece of fruit and use the sentron scale, make a nutrition label, record data, answer evaluation.

Web lesson: Understanding Carbohydrates in Our Food Labels (Learning ZoneXpress)

Portion Distortion (Learning ZoneXpress)

30 Portion Distortion ppt. (Learning Zonexpress)

Portion Distortion poster (Learning Zonexpress)

What is a Normal Weight poster (Learning Zonexpress)

31 & 32 Quiz on My Plate and Reading a label, Portion distortion

33 & 34 Baked Potato Lab & make a label evaluation

Breakfast, Calories and Supertracker

DAY:

35 Breakfast information: Breakfast PowerPoint

Demonstrate Breakfast: Banana and peanut butter wrap

36 & 37 create a computer breakfast poster

1 day in class to prepare and 1 day to present

38 Demonstration Breakfast Cookie

39 & 40 Lab: Breakfast Cookie & lab evaluation

41 Quiz on Breakfast

42 Nutrient Team: Introduction to the 6 main Nutrients

43 What is a Calorie? Walk off a kiss (candy).

44 & 45 Super Tracker Activity: What did you eat for 2 days?

2 days with computer

46 My Diet Percentages Activity: 1 day using computer

(Uses Super Tracker, Nutrition Report and chartmaker.mathhouse.com)

47 Outside Fitness Day: Walk the people Trail

48 Baked Apple lab (using microwave) 1 day lab

Carbohydrates and Pre-Competition Meals

DAY:

49 Carbohydrate notes and ppt

50 Grain and pasta information

51 Pasta ppt.

52 & 53 Pasta Salad demo and lab

54 Lab evaluation

55 Fiber information

56 Pre-competition Meals information

57 Pre-competition Meal Activities

58 Quiz on carbohydrate and pre-competition meal

Protein

DAY:

59 Protein introductions

60 Pork information and demo pork fajita lab

Review knife skills, cross- contamination

61 & 62 Pork Fajita Lab and evaluation

63 Soy Protein ppt. and packet

64 Soy demo

65 Quiz on protein

Student Body reading from TeenTimes,

Study Body (FCCLA) Final Activity

DAY:

66 Student Body ppt. Introduction

Student Body brainstorms and research

67 Complete brainstorm and research

Introduce FCCLA Planning Process

Vitamin and Minerals

DAY:

68 Vitamin and mineral ppt. introduction

69 Plan vegetable tasting day

70 & 71 Lab and evaluation

72 Vitamin and Mineral Campaign introduction

73 & 74 V & M project work time

75 & 76 V&M presentation

77 Calcium ppt.

78 Osteoporosis

Are you at risk? Check list.

79 Calcium Labs: Neat-o-Burrito

80 & 81 Cheese Day and Tasting

82 Quiz on Calcium

Complete plans for Study Body project

Fat and Fast Foods

DAY:

83 Introduce Nutrient Fat ppt.

Tubes of Fat (Nasco)

84 Demonstrations: Skinny Fries

85 Skinny Fries Lab

86 The 20 worst foods for calories and fat

87 Fast food web activities

Student Body Presentations: Final Activity

DAY:

88 - 90 Student Body Presentations