

## Food, Nutrition, and Wellness

### *Food for Today*

<u>Unit</u>	<u>Chapters</u>	<u>Weeks</u>	<u>GPS</u>	<u>Activities</u>		
				<u>Project</u>	<u>Lab</u>	<u>Other</u>
Introduction	1. Amazing World of Food	0.5				Chocolate Candy
Nutrition and Wellness	5. Nutrients	1	FNW 1	Digestion Posters	Cereal Graphs	
	10. Nutrient Guidelines	1	FNW 1, 4, 5, 6	MyPyramid Tracker		Snack Analysis
	11. Keeping a Healthy Weight	2	FNW 1, 5, 8	Fad Diet		Exercise Friday
	12. Health Challenges	1	FNW 2, 3, 8	Diet Related Conditions		
	13. Life Span Nutrition	1	FNW 1, 2, 8			
Patterns and Planning	14. Eating Patterns	0.5	FNW 3	Fast Food		
	16. Meal Planning	0.5	FNW 3	Meal Planner		
Kitchen Basics	20. Food Safety and Storage	0.5	FNW 9, 10			
	21. Preventing Kitchen Accidents	0.5	FNW 9, 10			
	22. Equipping the Kitchen	1	FNW 11	Budgeting for Basics		
	24. Using Recipes	0.5	FNW 11		Cookie Demo/Lab	
	25. Preparation Techniques	0.5	FNW 5, 11			
Nutrients	6. Carbohydrates (Quick Breads)	1.5	FNW 1, 2, 5		Biscuits	
	7. Protein and Fat	1.5	FNW 1, 2, 5		Omelets	Milk and Cheese Taste Test
	8. Vitamins and Minerals (F & V)	1	FNW 1, 2, 5		Fruit Salad & Casseroles	
	9. Water	1	FNW 1, 2, 5			
Patterns and Planning, Continued	17. Shopping for Food	1	FNW 3	Cereal Advertising		Comparison Shopping Field Trip
	18. Serving Food	0.5				Place Setting
	19. Etiquette	0.5				
Careers	GCIS	1	CTAE-FS 10	Career Portfolio		
	<b>Total</b>	18				