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| ***Teacher:***  Mrs. Karen Price | ***CTE Course Name:***  Lifetime Nutrition | | ***Room No.:***  C-126 |
| ***Unit Title****: Shopping For Food/The Food Supply* | | ***Lesson Title:*** *In the supermarket, Where Does Food Come From?, A Safe Food Supply* | |
| ***Lesson Date****:*  ***FEB. 2-6, 2015*** | | ***Meeting Time/Period:***  2nd, 4th and 6th | ***Grade Levels:***  9 - 12 |
| ***DIRECT TEACH***  ***TEKS 130.245 4a,b,c 5a,b,c,d,e,g***   * TSW: Describe the different types of product dating. * Explain the information given on food labels. * Interpret nutrition information. Plus or Minus * What is comparison and bulk shopping? What is food safety? * How does cost per serving save you money? * . | | | |
| ***DO NOW***   * Why is fiber important in a daily diet? Example: greens * Identify the basic information on a food label. * What is a staple food? | | | |
| ***INDEPENDENT PRACTICE***   * Discuss foods that belong in more than one food group. Compare foods and the allergies they may cause. * Identify foods used in various diets which are healthy. | | | |
| ***RETEACH***  Healthy diets versus Fad diets Food allergies are serious health issues and the different ways to let others know.  ***HOMEWORK***   * How exercise is involved as a weight loss help? * What is the difference of sell by date and use by date? | | | |
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