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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?
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|  ***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?
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|  ***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.
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|  ***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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