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| ***Teacher:*** Mrs. Karen Price | ***CTE Course Name:***Lifetime Nutrition | ***Room No.:*** C-126 |
| ***Unit Title****: Guidelines for Good Nutrition* | ***Lesson Title:*** *Food Guidelines, Fact and Fiction and Meal Preparation Techniques* |
| ***Lesson Date****:* FEB 23-27 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: Demonstrate safe and sanitary practices in the use, care and storage of equipment and food.
* Explain the types of nutrients for protein enriched pasta, lean meats and dried fruits.
* Practice appropriate dress and personal hygiene in food preparation.
* Read and comprehend standard recipes.
* Identify and use standard measuring techniques and the equipment to be used.
* Prepare a simple meal plan.
* Explain present and past knowledge of calcium and dairy products as key nutrients.
* Apply knowledge of high calorie, high sodium and low density foods.
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|  ***DO NOW**** What is a fiber food? MONDAY
* I love foods from the…………food or foods group. WEDNESDAY
* Identify 2 foods I can substitute for milk in a meal. FRIDAY
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|  ***INDEPENDENT PRACTICE**** Discuss foods that belong in more than one food group. Complete the worksheet to identify all crossover foods. MONDAY
* Prepare a simple breakfast, lunch or dinner meal. Use the hand washing procedures before and after meal preparation is complete. WEDNESDAY
* Identify the standard serving sizes for dry and liquid measuring cups including measuring spoons. How many ounces is does ½ cup, 1 cup, 2 gallons and 2/3 cups equal? FRIDAY
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|  ***RETEACH*** Measuring liquid and dry ingredients with the flat side of a knife or a spatula. What equipment is used for grilling? Why does a liquid measuring cup have a spout? |
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