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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. | | | |
| ***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 | | | |
| ***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 | | | |
| ***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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