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| ***Teacher:***  Mrs. Karen Price | ***CTE Course Name:***  Lifetime Nutrition | | ***Room No.:***  C-126 |
| ***Unit Title****:* Meal Planning | | ***Lesson Title: Personal Management Skills and Food Wellness*** | |
| ***Lesson Date****:*  JAN 19-23 JAN26-30, 2015 | | ***Meeting Time/Period:***  2ND,4th and 6th | ***Grade Levels:***  9 – 12 |
| ***What is the lesson objective? TEKS 130.242 1c,f 2 a, b, c***   * ***TLW:*** Describe personal management skills needed for productivity such as time and energy. * Determine relationships of food with depression and happiness. * Identify the implications of personal and professional eating disorders. * Make a meal plan for 5 people and use a $25.00 a week finance budget. * Identify at least 3 technology resources used to prepare meals. * Investigate consumer buying techniques and effective use of finances. * Demonstrate the correct hand washing procedure. * Demonstrate at least 2 meal preparation techniques. | | | |
| **DIRECT TEACH**   * Students will describe at least 5 skills needed for good productivity. * Students will practice using time management in the kitchen lab. * Students will describe the relationship between time and money when preparing meals for the family. | | | |
| * Students will demonstrate safe and sanitary skills in hand washing and cleaning kitchen surfaces. * Students will demonstrate skills necessary for complete a nutritious meal plan. * Students will apply financial planning skills with a budget for a family. * Students will describe the types of foods needed and the preparation techniques using time management. * Students will be given play money to determine purchase family meals. | | | |
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| **INDEPENDENT PRACTICE**   * Discuss the balance between pre-made meals vs. from scratch meals. List at least 5 Pros and 5 Cons for each area. * Practice safety in the lab. Floors, counters, using utensils and cleaning the stove.   `   * Complete a family food budget worksheet. Using the food chart in the textbook create 3 meals including all food groups and not contain over 2,000 calories. * Explain how last minute meals cost more. What are at least 3 consequences of poor planning? Explain poor planning, eating too many fried foods, and eating out. Structured Conversations * Demonstrate proper dishes washing techniques, sanitation and food storage.(Lab)Wash the equipment in the lab, store meal ingredients dry and liquid in the correct area and determine the correct type of storage container. * Compile a grocery list for planned meals. All meals must contain the Five Food groups. * Prepare low sodium, a soft and liquid meal. (Lab) Using the supplies in the classroom prepare the meal. * Demonstrate knowledge of meal preparation using standard measurement, good personal hygiene and food preparation(Lab) While each student does the assigned kitchen task all hand washing and good personal hygiene must be followed. All ingredients must be measured correctly before proceeding with other ingredients. * Practice meal preparation. Mix, Blend, Boil, Cook, Slice and Simmer.(Lab) These are the skills I will be grading each student on as they perform their kitchen duties. | | | |
| * Identify recipes and the preparation time. | | | |
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