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| ***Teacher:*** Mrs. Karen Price | ***CTE Course Name:***Lifetime Nutrition | ***Room No.:*** C-126 |
| ***Unit Title****: GOOD FOODS* | ***Lesson Title:*** *Fruits, Vegetables, Meats, Breads and Milk* |
| ***Lesson Date****:* MARCH 23-27 2015 | ***Meeting Time/Period:*** 2nd, 4th and 6th | ***Grade Levels:*** 9 - 12 |
| ***TEKS 130.245 4a,b,c 5a,b,c,d,e,g*** ***DIRECT TEACH**** TSW: Describe the different types of healthy diets.
* Explain the types of eating disorders.
* Identify food allergies and their causes.
* What is iodine poisoning?
* Create a soft diet menu.
* Apply knowledge of soft, nutritious, low density foods used for children.
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|  ***DO NOW**** Name 4 colors of vegetables.
* Identify 5 food from each food group.
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|  ***INDEPENDENT PRACTICE**** Discuss foods eaten to make you feel full. Complete the worksheet identifying eating 3 meals and a snack per day for a week. Include all food groups.
* Identify the signs of binge eating. Complete the Review activities page 415.
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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**** Bring an article on eating disorders.
* Bring a picture of yourself younger and one present day.
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