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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 30-APRIL 3 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. | | | |
| ***DO NOW***   * Identify 5 natural foods. MONDAY * Which food group provides the most iron? Why? WEDNESDAY | | | |
| ***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. MONDAY * Identify the signs of binge eating. Complete the Food and Sanitation In The Kitchen WEDNESDAY | | | |
| ***RETEACH***  Healthy diets, soft diets, no or low sodium diets and no carbs diets    What is a complete meal? How many servings in each food group? | | | |
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