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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.
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|  ***DO NOW**** Identify 5 natural foods. MONDAY
* Which food group provides the most iron? Why? WEDNESDAY
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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. MONDAY
* Identify the signs of binge eating. Complete the Food and Sanitation In The Kitchen WEDNESDAY
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|  ***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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