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| **Teacher(s):** | PRICE | **Subject:** | Lifetime Nutrition and Wellness | **Week of:** | January 12-16, 2015 |

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| **DAY** | **TEKS OBJECTIVES** | **LESSON OBJECTIVES** | **ACTIVITIES** |
| **MON** |  |  |  |
| **TUES** | **TEKS 130.245 4a,b** | * Explain the types of nutrients for protein enriched pasta, lean meats and dried fruits. * What are “crossover” foods?   **HOT-WHAT IS CONVERTED RICE?** | **Do Now (10) – Name 5 types of pasta.**  **Direct Instruction (30) –** Give examples of lean meats, dried fruits and types of pasta.  **Guided Activity (20) – What are grains? Identify common grains, nutrients contained and grain processing. Snack breads, cupcakes, pies and cakes are crossover foods for grains. Beans, eggs and nuts for meats. None for fruits.**  **Independent Practice/Check for Understanding (20) –** Identify the types of grains in addition to rice. Determine which grains maybe used during baking. Page 442-443  **Re-teach/Wrap-up/Homework (10)** Which nutrients get lost in the milk? Which grains are rich in proteins, minerals and unsaturated fat? |
| **WEDNES** |  |  |  |
| **THURS** | **TEKS 130.245 4c,5a** | * Explain present and past knowledge of calcium and dairy products as key nutrients. * Apply knowledge of high calorie, high sodium and low density foods.   **HOT-WHAT LIQUID DOES GRAINS NEED TO BE PREPARED IN?** | **Do Now (10) -** Identify 5 calcium-rich foods.  **Direct Instruction (30) – Discuss the effects of too much grains and too little dairy.**  **Guided Activity (20) –Identifying the types and uses of Legumes page 453.**  **Independent Practice/Check for Understanding (20) –Complete the Checking your Knowledge 1-10 page 460 using complete sentences.**  **Re-teach/Wrap-up/Homework (10) – Why must you sort legumes? Soak? Storage?** EXIT TICKET- Name 5 legumes, nuts or seeds. |
| **FRI** |  |  |  |

**Strategies:** Hands On, Peer Tutoring, Small Group Teamwork, Exit Ticket, Think-Pair-Share

**Resources:** Handouts, Textbook

**Vocabulary:** Food For Today page 442,443 and legumes 453.