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| ***Teacher:***  Mrs. Karen Price | ***CTE Course Name:***  Lifetime Nutrition and Wellness | | ***Room No.:***  C-126 |
| ***Unit Title****: REVIEW 1-24 CHAPTERS* | | ***Lesson Title: Personal Management Skills and Food Wellness*** | |
| ***Lesson Date****:*  MAY 18-22 2015 | | ***Meeting Time/Period:***  2ND, 4TH, AND 6TH | ***Grade Levels:***  9 – 12 |
| ***DIRECT TEACH***  ***TEKS 130.242 1c,f 2 a, b, c***   * ***TLW:*** Describe personal management skills needed for productivity such as time and energy. * Describe the benefits of managing money while purchasing the family meals. * Identify what staples are to each household. How do they make a difference? * Demonstrate a comparison of several products to understand calories they contain. * Use everyday items and demonstrate the causes of over eating for long periods of time. * Describe the benefits of having a complete physical each year and living a healthy life style. * Evaluate several pictures, which ones are sick and which are healthy. | | | |
| ***DO NOW***   * Describe a person in poor health. * Give 5 examples of healthy foods. (No Liquids) * What is a slotted spoon, spatula, paring knife and a peeler used for? | | | |
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| **SENIOR FINALS WEEK**  **ALL UNDERCLASSMAN REVIEW FINAL WEEK**  **FRIDAY ALL STUDENTS FINAL EXAM** | | | |
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| ***INDEPENDENT PRACTICE***  . REVIEW FOR FINALS WEEK   * Discuss the fruit and vegetable group and techniques of purchasing and how to properly clean them. * Complete Safety in the Home and in the Kitchen worksheets. * Demonstrate knowledge of cleaning apples, oranges and lettuce. Name 5 red, green and yellow fruits and vegetables. * Take Cornell notes consisting of the food group name, serving sizes and the main vitamin source they * contain. Name at least 5 items in each group. Discuss the foods a person who is a vegan how they obtain * complete nutrition without all the food groups. * Identify the different types of vegans. Anorexia Nervosa, Bulimia and Purging are all what kind of illness? * Compare snacks: Which snacks has the most sodium, calories, sugar and carbohydrates? | | | |
| **RETEACH**  Name at least 4 reasons a person maybe Anorexic?    What can be done to help? How much fat is in sodas?  What is being underweight? What problems may occur?  What vitamins help achieve good blood levels? What are good convenience food purchases? | | | |
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