

**Trinity Area School District
Template for Curriculum Mapping**

Course: Eat this Not That Grade:9-12	<p>Overview of Course: Do you like to eat out or at fast food restaurants? Do you have a family history of heart problems? Would you like to learn how to adapt recipes and make them healthier and still taste good? This is the course for you! Students will research obesity and the effects on the body. Discussions on how to decrease calorie intake and increase nutrient intake will be highlighted in this course. How to eat healthy when eating on the run and/or at restaurants will be investigated. In addition various recipes will be prepared to apply the knowledge of how to adapt recipes so they are healthier but still taste good. These recipes will include foods from fast food restaurants.</p>
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Overarching Big Ideas, Enduring Understandings, and Essential Questions
(These “spiral” throughout the entire curriculum.)

Big Idea	Standard(s) Addressed	Enduring Understanding(s)	Essential Question(s)
Health	11.3.3C Explain the importance of eating a varied diet in maintaining health 11.3.6.C Analyze factors that effect food choices 11 3.12.C Evaluate sources of food and nutrition information. 11.3.12.B Evaluate the role of role of Government agencies in safeguarding our food supply(e.g., USDA, FDA, EPA, and CDC) 11.3.12.G Analyze the relevance of scientific principles to food processing, preparation and packaging. 11.1.3.A Know the production steps that a food travels from farm to the consumer. 11.3.12.A Analyze how food engineering and technology trends will influence the food supply. 11.3.9.C Analyze the impact of food addictions and eating disorders on health.	America is facing an obesity epidemic and a nutritional health crisis There are many reasons why Americans are overweight and their health is at risk The government, the food industry, and people need to take responsibility for the obesity epidemic and this country’s health crisis. Nutrition and heredity greatly influence our chance to contract certain diseases. Five of the top ten disease resulting in death are directly affected and can be controlled through good nutrition	Why is America so fat? What is our government doing about the obesity epidemic? How can I live a long and healthful life? What diseases are affected by diet? How can I prevent disease through good nutrition? How can I live a long and healthful life by controlling my diet?

	<p>11.3.9.C Analyze the impact of food addictions and eating disorders on health.</p> <p>11.3.6.E Explain relationship between calories, nutrient and food input versus energy output; describe digestion</p> <p>11.3.12.E Analyze the breakdown of foods, absorption of nutrients and their conversation to energy by the body.</p> <p>11.3.9.G Analyze relationship between diet and disease and risk factors</p>		
Safety	<p>11.3.F Identify components of a basic recipe (e.g., volume, weight, fractions, recipe, ingredients, recipe directions, safety techniques).</p> <p>11.3.6.F Analyze basic food preparation techniques and food handling procedures</p> <p>11.3.9.F Hypothesize the effectiveness of the use of meal management principles (e.g., time management, budgetary considerations, sensory appeal, balanced nutrition, safety, sanitation)</p>	<p>Understanding the importance of kitchen safety, knife skills, and sanitation.</p> <p>Understand how to use equipment correctly.</p> <p>Understand why using correct food handing techniques and sanitation are necessary</p> <p>Contamination and unsafe handling of food can impact my health</p>	<p>Why is it important to be aware of kitchen safety?</p> <p>Why is it important to know the proper use of kitchen equipment?</p> <p>How do I ensure that the food I eat is safe?</p>
Nutrition	<p>11.3.12.B Evaluate the roles of Government agencies in safeguarding our food supply (e.g., USDA, FDA, EPA, and CDC)</p> <p>11.3.3.C Explain the importance of eating a varied diet in maintain health.</p> <p>11.3.6.C Analyze factors that effect food choices.</p> <p>11.3..3.D Classify foods by food group within the food guide pyramid including the serving size and nutrient function within the body.</p> <p>11.3.6.D Describe a well-balanced daily menu using the dietary guidelines and the food guide pyramid.</p> <p>11.3.3.E Define energy-yielding nutrients and calories.</p>	<p>The macronutrients come from living things, are metabolized and stored in the body until they are needed for life functions in a methodical and predictable method.</p> <p>Carbohydrates, composed of sugar molecules, are the body's preferred energy source. Fiber contains no nutritional value, but it is essential for a healthful diet</p> <p>Proteins, composed of amino acids, are used to build and repair tissue.</p> <p>Fat provides more than twice the energy of both carbohydrates and protein and there is a limitless capacity for storage in the body.</p>	<p>Why are the macronutrients and what are their functions in our body?</p> <p>What foods provide different macronutrients?</p> <p>Why is fiber important to a healthful diet?</p> <p>What do I need to know about the consumption of the macronutrients in order to remain healthy?</p> <p>What are the micronutrients and what their functions in our body?</p>

	<p>11.3.6.E Explain the relationship between calories, nutrient and food input versus energy output; describe digestion.</p> <p>11.3.9.E Analyze the energy requirements, nutrient requirements, nutrient requirements and body composition for individuals at various stages of the life cycle</p> <p>11.3.12.E Analyze breakdown of foods, absorption of nutrients and their conversion to energy</p>	<p>Although some fats are essential, people need to be careful about the type of amount of fat they consume.</p> <p>The micronutrients, vitamins and minerals, come from non-living things and are necessary for the proper functioning of metabolism</p> <p>Lack of a particular vitamin or mineral will produce symptoms of a deficiency and excess may produce symptoms of toxicity.</p> <p>Vitamins and minerals are more effective when they come from a food source rather than a supplement.</p>	<p>How will I know if I am getting the recommended daily intake for vitamins and minerals?</p> <p>Why is it important to eat food sources of vitamins and minerals instead of taking supplements?</p>
Decisions	<p>11.3.6.D Describe a well-balanced daily menu using the dietary guidelines and the food guide pyramid.</p> <p>11.3.6.C Analyze factors that effect food choices.</p> <p>11.3.9.C Analyze the impact of food addictions and eating disorders on health.</p> <p>11.3.12.C Evaluate sources of food and nutrition information.</p> <p>11.3.12.F Evaluate the application of nutrition and meal planning principles in the selection, planning, preparation and the serving of meals of individuals across their lifespan.</p>	<p>Menus have many ways of influencing your food selection.</p> <p>Advertising influences your food choices.</p> <p>Food choice/habits can become addicting.</p> <p>Restaurants are now required to provide nutritional information for all of their products.</p>	<p>How does the food I eat today effect my body throughout my lifespan?</p> <p>How does food advertising effect what you eat?</p> <p>How do restaurants make you want to eat there?</p> <p>How can I analyze a restaurant menu?</p> <p>How do I choose the a food item at a restraint?</p>

Big Ideas, Enduring Understandings, and Essential Questions Per Unit of Study
 (These do NOT “spiral” throughout the entire curriculum, but are specific to each unit.)

Month of Instruction	Title of Unit	Big Idea(s) (A Big Idea is typically a noun)	Standard(s) Addressed	Enduring Understanding(s)	Essential Question(s)	Common Assessment(s)*	Common Resource(s)* Used
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(In what month(s) will you teach this unit?)		and always transferable within and among content areas.)	(What Common Core Standard(s) and/or PA Standard(s) addresses this Big Idea?)	(SAS refers to Enduring Understandings as “Big Ideas.” EUs are the understandings we want students to carry with them after they graduate. EUs will link Big Ideas together. Consider having only one or two EUs per Big Idea.)	(Essential Questions are broad and open ended. Sometimes, EQs can be debated. A student’s answer to an EQ will help teachers determine if he/she truly understands. Consider having only one or two EQs per Enduring Understanding.)	(What assessments will all teachers of this unit use to determine if students have answered the Essential Questions?)	(What resources will all teachers of this unit use to help students understand the Big Ideas?)
Weeks 1-3	Kitchen Procedures	Safety	<p>11.3.F Identify components of a basic recipe (e.g., volume, weight, fractions, recipe, ingredients, recipe directions, safety techniques).</p> <p>11.3.6.F Analyze basic food preparation techniques and food handling procedures</p> <p>11.3.9.F Hypothesize the effectiveness of the use of meal management principles (e.g., time management, budgetary considerations, sensory appeal, balanced nutrition, safety, sanitation)</p>	<p>Understanding the importance of kitchen safety, knife skills, and sanitation.</p> <p>Understand how to use equipment correctly.</p> <p>Understand why using correct food handling techniques and sanitation are necessary</p> <p>Contamination and unsafe handling of food can impact my health</p>	<p>Why is it important to be aware of kitchen safety?</p> <p>Why is it important to know the proper use of kitchen equipment?</p> <p>How do I ensure that the food I eat is safe?</p>	Kitchen equipment/ measuring/ safety sanitation	

Week 4-5	Obesity	Health	<p>11.3.3C Explain the importance of eating a varied diet in maintaining health</p> <p>11.3.6.C Analyze factors that effect food choices</p> <p>11</p> <p>3.12.C Evaluate sources of food and nutrition information.</p> <p>11.3.12.B Evaluate the role of role of Government agencies in safeguarding our food supply(e.g., USDA, FDA, EPA, and CDC)</p> <p>11.3.12.G Analyze the relevance of scientific principles to food processing, preparation and packaging.</p> <p>11.1.3.A Know the production steps that a food travels from farm to the consumer.</p> <p>11.3.12.A Analyze how food engineering and technology trends will influence the food supply.</p> <p>11.3.9.C Analyze the impact of food addictions and eating disorders on health.</p> <p>11.3.9.C Analyze the impact of food</p>	<p>America is facing an obesity epidemic and a nutritional health crisis</p> <p>There are many reasons why Americans are overweight and their health is at risk</p> <p>The government, the food industry, and people need to take responsibility for the obesity epidemic and this country's health crisis.</p>	<p>Why is America so fat?</p> <p>What is our government doing about the obesity epidemic?</p> <p>How can I live a long and healthful life?</p>	<p>Why is America So Fat?</p> <p>Cultural and lifestyle influences affecting nutrition, health, and fitness</p> <p>Government roles</p> <p>Obesity Epidemic</p>	
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			<p>addictions and eating disorders on health.</p> <p>11.3.6.E Explain relationship between calories, nutrient and food input versus energy output; describe digestion</p> <p>11.3.12.E Analyze the breakdown of foods, absorption of nutrients and their conversation to energy by the body.</p> <p>11.3.9.G Analyze relationship between diet and disease and risk factors</p>				
Weeks 5-6	Heath disease related to nutrition	Health	<p>11.3.3C Explain the importance of eating a varied diet in marinating health</p> <p>11.3.6.C Analyze factors that effect food choices</p> <p>11 3.12.C Evaluate sources of food and nutrition information.</p> <p>11.3.12.B Evaluate the role of role of Government agencies in safeguarding our food supply(e.g., USDA, FDA, EPA, and CDC)</p> <p>11.3.12.G Analyze the relevance of scientific principles to food</p>	<p>Nutrition and heredity greatly influence our chance to contract certain diseases.</p> <p>Five of the top ten disease resulting in death are directly affected and can be controlled through good nutrition</p>	<p>What diseases are affected by diet?</p> <p>How can I prevent disease through good nutrition?</p> <p>How can I live a long and healthful life by controlling my diet?</p>	<p>Articles relevant to topic</p> <p>Test</p>	

			<p>processing, preparation and packaging.</p> <p>11.1.3.A Know the production steps that a food travels from farm to the consumer.</p> <p>11.3.12.A Analyze how food engineering and technology trends will influence the food supply.</p> <p>11.3.9.C Analyze the impact of food addictions and eating disorders on health.</p> <p>11.3.9.C Analyze the impact of food addictions and eating disorders on health.</p> <p>11.3.6.E Explain relationship between calories, nutrient and food input versus energy output; describe digestion</p> <p>11.3.12.E Analyze the breakdown of foods, absorption of nutrients and their conversion to energy by the body.</p> <p>11.3.9.G Analyze relationship between diet and disease and risk factors</p>				
Week 7-15	Meal Choices	Nutrition	11.3.12.B Evaluate the roles of Government	The macronutrients come from living things,	Why are the macronutrients and	Labs	

	<p>Cooking for your life</p>		<p>agencies in safeguarding our food supply (e.g., USDA, FDA, EPA, and CDC)</p> <p>11.3.3.C Explain the importance of eating a varied diet in maintain health.</p> <p>11.3.6.C Analyze factors that effect food choices.</p> <p>11.3.3.D Classify foods by food group within the food guide pyramid including the serving size and nutrient function within the body.</p> <p>11.3.6.D Describe a well-balanced daily menu using the dietary guidelines and the food guide pyramid.</p> <p>11.3.3.E Define energy-yielding nutrients and calories.</p> <p>11.3.6.E Explain the relationship between calories, nutrient and food input versus energy output; describe digestion.</p> <p>113.3.9.E Analyze the energy requirements, nutrient requirements, nutrient requirements and body composition</p>	<p>are metabolized and stored in the body until they are needed for life functions in a methodical and predictable method.</p> <p>Carbohydrates, composed of sugar molecules, are the body's preferred energy source.</p> <p>Fiber contains no nutritional value, but it is essential for a healthful diet</p> <p>Proteins, composed of amino acids, are used to build and repair tissue.</p> <p>Fat provides more than twice the energy of both carbohydrates and protein and there is a limitless capacity for storage in the body. Although some fats are essential, people need to be careful about the type of amount of fat they consume.</p> <p>The micronutrients, vitamins and minerals, come from non-living</p>	<p>what are their functions in our body?</p> <p>What foods provide different macronutrients?</p> <p>Why is fiber important to a healthful diet?</p> <p>What do I need to know about the consumption of the macronutrients in order to remain healthy?</p> <p>What are the micronutrients and what their functions in our body?</p> <p>How will I know if I am getting the recommended daily intake for vitamins and minerals?</p> <p>Why is it important to eat food sources of vitamins and minerals instead of taking supplements?</p>	<p>Cooking Methods demonstrated in class</p> <p>Baking Unit</p> <p>Yeast Unit</p> <p>Soup Unit</p> <p>Protein Unit</p> <p>Science of Cooking a hamburger</p>	
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			<p>for individuals at various stages of the life cycle</p> <p>11.3.12.E Analyze breakdown of foods, absorption of nutrients and their conversion to energy</p>	<p>things and are necessary for the proper functioning of metabolism</p> <p>Lack of a particular vitamin or mineral will produce symptoms of a deficiency and excess may produce symptoms of toxicity.</p> <p>Vitamins and minerals are more effective when they come from a food source rather than a supplement.</p>			
Weeks 15-18	Choices	Decisions	<p>11.3.6.D Describe a well-balanced daily menu using the dietary guidelines and the food guide pyramid.</p> <p>11.3..6.C Analyze factors that effect food choices.</p> <p>11.3.9.C Analyze the impact of food addictions and eating disorders on health.</p> <p>11.3.12.C Evaluate sources of food and nutrition information.</p> <p>11.3.12.F Evaluate the application of nutrition and meal planning principles in the</p>	<p>Menus have many ways of influencing your food selection.</p> <p>Advertising influences your food choices.</p> <p>Food choice/habits can become addicting.</p> <p>Restaurants are now required to provide nutritional information for all of their products.</p>	<p>How does the food I eat today effect my body throughout my lifespan?</p> <p>How does food advertising effect what you eat?</p> <p>How do restaurants make you want to eat there?</p> <p>How can I analyze a restaurant menu?</p> <p>How do I choose the a food item at a restraint?</p>	<p>Making Healthy choices</p> <p>Eating on the Run</p>	

			selection, planning, preparation and the serving of meals of individuals across their lifespan.				
Varied throughout Semester	Food Labs	Safety	<p>11.3.F Identify components of a basic recipe (e.g., volume, weight, fractions, recipe, ingredients, recipe directions, safety techniques).</p> <p>11.3.6.F Analyze basic food preparation techniques and food handling procedures</p> <p>11.3.9.F Hypothesize the effectiveness of the use of meal management principles (e.g., time management, budgetary considerations, sensory appeal, balanced nutrition, safety, sanitation)</p>	<p>Understanding the importance of kitchen safety, knife skills, and sanitation.</p> <p>Understand how to use equipment correctly.</p> <p>Understand why using correct food handling techniques and sanitation are necessary</p> <p>Contamination and unsafe handling of food can impact my health</p>	<p>Why is it important to be aware of kitchen safety?</p> <p>Why is it important to know the proper use of kitchen equipment?</p> <p>How do I ensure that the food I eat is safe?</p>	Various foods labs throughout semester to reinforce content	

* Some teachers may need to think about the assessments and resources used in order to determine the Big Ideas, Enduring Understandings, and Essential Questions embedded in their courses. At this point in your curriculum mapping, you might want to ignore the “Common Assessments” and “Common Resources Used” columns. However, you may use them if you wish.