

Family Life Cycle Lecture

Summary

Students will be introduced to the different nutritional needs found within the various family life cycles.

Main Core Tie

Dietetics and Nutrition 1

[Strand 2 Standard 1](#)

Time Frame

1 class periods of 70 minutes each

Group Size

Individual

Life Skills

Thinking & Reasoning

Materials

- Bell Ringer Cards for each student
- Family Life Cycles PowerPoint Presentation
- Family Life Cycle Study Guide
- Teen Nutrition. What's the big Debate DVD

Intended Learning Outcomes

Students will understand the nutritional characteristics for each family life cycle.

Instructional Procedures

Teacher and student step-by-step instructions are found below in the "Family Life Cycles Lecture Lesson Plan" attachment.

Assessment Plan

Instruct the students to fill out the study guide throughout the lecture today. Encourage discussion and answer any questions the students may have throughout the lesson. At the end of class, have the students keep their study guides to prepare for the upcoming test. There will be no homework today.

Bibliography

- [Foods and Nutrition II Curriculum Guide](#)
from the Utah State Office of Education
Teen Nutrition: What's The Big Debate? DVD found at learningzonexpress.com

Authors

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