Unit Nine

Suggested time for unit: eight 50-minute periods

PRACTICAL PROBLEM: Food & Nutrition

UNIT PROBLEM: What should I do regarding nutrition and food decisions to maintain optimum health?

LESSONS:

A. Analyze the influence of values and goals on decisions about nutrition and food.
B. Recognize the effect of food decisions on relationships with others.
C. Evaluate roles in providing nourishing food.
D. Assess ways of using resources to satisfy nutrition and food needs.
E. Practical reasoning
F. Test Bank

VALUE ASSUMPTIONS:

(Unit rationale)

GUIDING TOPICS:

(Content)

Lesson A

SUB-PROBLEM: Adolescents should understand the influence of values and goals on personal diet habits.

Food related values and goals.
Influences on food choices.
Relationship between diet and health.

Lesson B

SUB-PROBLEM: Relationships are enhanced by responsible food decisions.

Food promotes sociability.
Influences.
Emotional Barometer.
Emotional safety valve.
Preparation and relationships.

Lesson C

SUB-PROBLEM: Individuals need to think critically about the role of providing nourishing food.

Who performs food related tasks?

Lesson D

SUB-PROBLEM: The nutritional adequacy of an individual's diet is influenced by his or her allocation of resources, including time, skills, money.

Management of...
...time
...skills: planning, shopping, storage, preparation, meal service
...money

Lesson E

SUB-PROBLEM: Practical Reasoning

Solve a food and nutrition problem.

Moving Out!