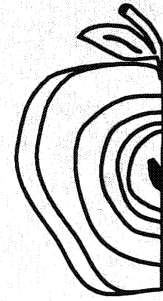


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# Unit Nine

*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?

*Food & Nutrition*

- 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

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### **VALUE ASSUMPTIONS:**

(Unit rationale)

#### **Lesson A**

##### **SUB-PROBLEM:**

Adolescents should understand the influence of values and goals on personal diet habits.

#### **Lesson B**

##### **SUB-PROBLEM:**

Relationships are enhanced by responsible food decisions.

#### **Lesson C**

##### **SUB-PROBLEM:**

Individuals need to think critically about the role of providing nourishing food.

#### **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.

#### **Lesson E**

##### **SUB-PROBLEM:**

Practical Reasoning

### **GUIDING TOPICS:**

(Content)

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

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

Who performs food related tasks?

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

Solve a food and nutrition problem.