

Subject: Nutrition and Food Science	Calendar: Fall 08 Weeks 1-6	Timeframe: 6 weeks	Level/Grade: High School
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Unit: An Introduction to Nutrition

TSW

- 1) Utilize the information about the basic principles of nutrition to promote healthy food choices
- 2) Define commonly used terms related to nutrition, health, and wellness
- 3) Identify the nutrients, their functions, and food sources
- 4) Has awareness of the variety of food choices available in our multicultural society
- 5) Describe family eating habits
- 6) Demonstrates safety and sanitation procedures

Activity Type: Worksheets, notes, daily work, food labs, power points, hands – on activities, etc.	TEKS: 1 A – E 5 A – E 6 A - D 8 A - D
Materials: Paper, food items, kitchen materials, colored pencils, art supplies, computer,	

SE Modifications: As specified: additional time, oral instructions; etc.	Resources: Notes, Magazines, computers, cookbooks, kitchen materials, textbooks, and Teacher Edition text, curriculum guides
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GT Modifications: As needed	Evaluation Methods: Food Products, Lab outcomes, daily work assignments, Home cooking assignments, oral participation
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Subject: Nutrition and Food Science	Calendar: Fall 08 Weeks 5-11	Timeframe: 5 weeks	Level/Grade: High School
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Unit: Food Choices

TSW

- 1) Explain the various dietary guidelines in making wise food choices.
- 2) Explain the food pyramid
- 3) Set goals for good eating habits
- 4) Analyze the reliability of nutrition information
- 5) Utilize decision – making skills to improve eating habits, exercise, and management of optimum weight
- 6) Demonstrate safety and sanitation procedures
- 7) Apply management principles in meeting nutritional needs.
- 8) Prepares and serves nutritious foods.
- 9) Evaluate the use of fast foods and convenience foods.

Activity Type: Worksheets, notes, daily work, food labs, power points, hands – on activities, etc.	TEKS: 3 A – D 4 A – F 5 G 7 A,B,C,E,H 8 A - D 9 A-D
Materials: Paper, food items, kitchen materials, colored pencils, art supplies, computer,	

SE Modifications: As specified: additional time, oral instructions; etc.	Resources: Notes, Magazines, computers, cookbooks, kitchen materials, textbooks, and Teacher Edition text, curriculum guides	
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GT Modifications: As needed	Evaluation Methods: Food Products, Lab outcomes, daily work assignments, Home cooking assignments, oral participation
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Subject: Nutrition and Food Science	Calendar: Fall 08 Weeks 12-18	Timeframe: 5 weeks	Level/Grade: High School
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Unit: Outcomes

TSW

- 10) Outline strategies for prevention, treatment, and management of diet related diseases and eating disorders..
- 11) Discuss food allergies and intolerances
- 12) Explain food customs, special occasions, and holidays.
- 13) Analyze the reliability of nutrition information
- 14) Relate the work space, tools, equipment, and technology on food prep.
- 15) Demonstrate safety and sanitation procedures
- 16) Apply management principles in meeting nutritional needs.
- 17) Prepares and serves nutritious foods.
- 18) Determines opportunities and prep requirements for careers in nutrition.
- 19) Exhibits employable skills
- 20) Complete a career connections project.

Activity Type: Worksheets, notes, daily work, food labs, power points, hands – on activities, etc.	TEKS: 2 A – E 4 A – F 6 A-B 8 A - D 9 A-D 10 A – C 11 A-F 12 A - D
Materials: Paper, food items, kitchen materials, colored pencils, art supplies, computer,	

SE Modifications: As specified: additional time, oral instructions; etc.	Resources: Notes, Magazines, computers, cookbooks, kitchen materials, textbooks, and Teacher Edition text, curriculum guides
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