

Lifetime Nutrition Wellness

Date	Length	Concept/Application	Skill Taught	TEKS
8/22-9/9	3 Weeks Unit 1	Classroom Procedures <u>Part 1-Effective Work Habits</u>	<ul style="list-style-type: none"> • Classroom rules and procedures • School Procedures • Ice Breakers • Team Building • Time Management • Problem Solving 	(6) A-C
9/12-9/30	3 weeks Unit 2	<u>Part 2-General Nutrition Principles</u>	<ul style="list-style-type: none"> ○ Nutrients ○ Affects of Nutrition ○ Dietary Guidelines 	(1) A-D
10/3-10/14	2 Weeks Unit 3	<u>Part 3-Food Safety and Sanitation</u>	<ul style="list-style-type: none"> ○ Food and Equipment ○ Food-borne illnesses ○ Hygiene 	(4) A-C
10/17-11/11	4 Weeks Unit4	<u>Part 4 Food Management Principles</u>	<ul style="list-style-type: none"> ○ Recipes and measurements ○ Preparation techniques ○ Purchasing and storage strategies ○ Table service, presentation, and etiquette. 	(5) A-F
11/14-12/2	2 Weeks Unit 5	<u>Part 5 Digestion and Metabolism</u>	<ul style="list-style-type: none"> ○ Process of digestion and metabolism 	(2) A-E

			<ul style="list-style-type: none"> ○ Physical activity and fitness ○ Balance of calorie intake and use 	
12/5-12/15	2 Weeks Unit 6 & 7	<u>Part 6 Lifetime Effects of Nutrition and Wellness</u> <u>Part 7 Careers in Nutrition</u>	<ul style="list-style-type: none"> ○ Effect of food choices ○ Nutritional needs for life cycle and lifestyle ○ Nutrition content and portion sizes ○ Training and education ○ Setting goals ○ Entrepreneurship 	(3) A-K
1/3-1/12	2 weeks	Review and Finals		