

WARREN COUNTY SCHOOL DISTRICT

PLANNED INSTRUCTION

COURSE DESCRIPTION

Course Title: Nutrition and Wellness for the Family
Course Number: 00763
Course Prerequisites: none

Course Description: Nutrition and Wellness for the Family is an entry level elective course designed for grades 9-12. The course will explore Family types and structures, the role of family members, and the family life cycle. Students will investigate strategies for continuing lifetime wellness including, fitness, appropriate table manners, stress and time management, and decision making skill. Nutrition and Wellness for the Family will also investigate nutritional needs of the life cycle, planning nutritious and budget friendly meals, and adapting recipes to fit special nutritional needs. A final exam is required. It is recommended that no more than five students per kitchen be placed in the class to maintain a safe environment.

Suggested Grade Level: Grades 9-12

Length of Course: One Semester

Units of Credit: .5

PDE Certification and Staffing Policies and Guidelines (CSPG) Required Teacher Certifications:

CSPG 44 Family & Consumer Sciences

To find the CSPG information, go to [CSPG](#)

Certification verified by the WCSD Human Resources Department: Yes No

WCSD STUDENT DATA SYSTEM INFORMATION

Course Level: Choose an item.

Mark Types: Check all that apply.

F – Final Average MP – Marking Period EXM – Final Exam

GPA Type: GPAEL-GPA Elementary GPAML-GPA for Middle Level NHS-National Honor Society

UGPA-Non-Weighted Grade Point Average GPA-Weighted Grade Point Average

State Course Code: 19253

To find the State Course Code, go to [State Course Code](#), download the Excel file for SCED, click on SCED 6.0 tab, and chose the correct code that corresponds with the course.

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TEXTBOOKS AND SUPPLEMENTAL MATERIALS

Board Approved Textbooks, Software, and Materials:

Title: Food for Today
Publisher: McGraw Hill
ISBN #: 978-0-02-139994-9
Copyright Date: 2016
WCSD Board Approval Date: June 8, 2015

Supplemental Materials:

Curriculum Document

WCSD Board Approval:

Date Finalized: Fall 2014
Date Approved: 1/12/2015
Implementation Year: 2015 - 2016

SPECIAL EDUCATION, 504, and GIFTED REQUIREMENTS

The teacher shall make appropriate modifications to instruction and assessment based on a student's Individual Education Plan (IEP), Chapter 15 Section 504 Plan (504), and/or Gifted Individual Education Plan (GIEP).

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SCOPE AND SEQUENCE OF CONTENT, CONCEPTS, AND SKILLS

Performance Indicator	PA Core Standard and/or Eligible Content	Month Taught and Assessed for Mastery
Identify the causes of foodborne illness	11.3.A, 11.3.E, 11.3.F, 11.3.G	September October
Explain the importance of cleanliness in the kitchen	11.3.A, 11.3.E, 11.3.F, 11.3.G	September October
Summarize ways to cook, thaw, and serve food safely	11.3.A, 11.3.E, 11.3.F, 11.3.G	September October
Describe safe food storage practices	11.3.A, 11.3.E, 11.3.F, 11.3.G	September October
Describe the roles of government agencies in protecting the food supply.	11.3.A, 11.3.E, 11.3.F, 11.3.G	September October
List six ways to prevent accidents in the kitchen	11.3.A, 11.3.E, 11.3.F, 11.3.G	September October
Explain why it is important to follow safety guidelines	11.3.A, 11.3.E, 11.3.F, 11.3.G	September October
Describe factors to consider when selecting kitchen components	11.3.A, 11.3.E, 11.3.F, 11.3.G	September October
Describe seven common types of cookware	11.3.A, 11.3.E, 11.3.F, 11.3.G	September October
List 9 types of information a recipe provides	11.3.A, 11.3.E, 11.3.F, 11.3.G	September October
Apply the kitchen conversion chart to kitchen labs	11.3.A, 11.3.E, 11.3.F, 11.3.G	September October
Explain guidelines for proper knife safety	11.3.A, 11.3.E, 11.3.F, 11.3.G	September October
Explain the benefits of learning specialized cooking techniques	11.3.A, 11.3.E, 11.3.F, 11.3.G	September October
Identify the nutrients in foods and their main functions	11.3.A, 11.3.B, 11.3.C, 11.3.D, 11.3.E, 11.3.F, 11.3.G	October November
Describe the digestive process and stages	11.3.A, 11.3.B, 11.3.C, 11.3.D, 11.3.E, 11.3.F, 11.3.G	October November
Summarize the body's absorption of nutrients	11.3.A, 11.3.B, 11.3.C, 11.3.D, 11.3.E, 11.3.F, 11.3.G	October November

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Performance Indicator	PA Core Standard and/or Eligible Content	Month Taught and Assessed for Mastery
Describe how the body uses nutrients both now and later	11.3.A, 11.3.B, 11.3.C, 11.3.D, 11.3.E, 11.3.F, 11.3.G	October November
Explain basal metabolic rate and how it relates to calories	11.3.A, 11.3.B, 11.3.C, 11.3.D, 11.3.E, 11.3.F, 11.3.G	October November
Identify the three types of carbohydrates	11.3.A, 11.3.B, 11.3.C, 11.3.D, 11.3.E, 11.3.F, 11.3.G	October November
Explain how plants create carbohydrates	11.3.A, 11.3.B, 11.3.C, 11.3.D, 11.3.E, 11.3.F, 11.3.G	October November
Identify and describe the forms that carbohydrates take in food	11.3.A, 11.3.B, 11.3.C, 11.3.D, 11.3.E, 11.3.F, 11.3.G	October November
Explain how to meet the need for carbohydrates in a healthful die	11.3.A, 11.3.B, 11.3.C, 11.3.D, 11.3.E, 11.3.F, 11.3.G	October November
Explain protein, its structure, and its types	11.3.A, 11.3.B, 11.3.C, 11.3.D, 11.3.E, 11.3.F, 11.3.G	October November
Identify the role of protein in a healthful diet	11.3.A, 11.3.B, 11.3.C, 11.3.D, 11.3.E, 11.3.F, 11.3.G	October November
Explain lipids, their structure, and their types	11.3.A, 11.3.B, 11.3.C, 11.3.D, 11.3.E, 11.3.F, 11.3.G	October November
Summarize the role of cholesterol in a healthful diet	11.3.A, 11.3.B, 11.3.C, 11.3.D, 11.3.E, 11.3.F, 11.3.G	October November

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Performance Indicator	PA Core Standard and/or Eligible Content	Month Taught and Assessed for Mastery
Explain how vitamins work	11.3.A, 11.3.B, 11.3.C, 11.3.D, 11.3.E, 11.3.F, 11.3.G	October November
List the two types of vitamins and their functions	11.3.A, 11.3.B, 11.3.C, 11.3.D, 11.3.E, 11.3.F, 11.3.G	October November
Explain minerals and describe their functions and types	11.3.A, 11.3.B, 11.3.C, 11.3.D, 11.3.E, 11.3.F, 11.3.G	October November
List 7 ways water is crucial to your body's health	11.3.A, 11.3.B, 11.3.C, 11.3.D, 11.3.E, 11.3.F, 11.3.G	October November
Describe phytochemicals and 5 benefits they provide	11.3.A, 11.3.B, 11.3.C, 11.3.D, 11.3.E, 11.3.F, 11.3.G	October November
Explain the dietary guidelines for Americans	11.3.A, 11.3.B, 11.3.C, 11.3.D, 11.3.E, 11.3.F, 11.3.G	October November
Describe MyPlate (or current government system) and its recommendations	11.3.A, 11.3.B, 11.3.C, 11.3.D, 11.3.E, 11.3.F, 11.3.G	October November
Describe a nutrition facts panel, its content, and how to use it	11.3.A, 11.3.B, 11.3.C, 11.3.D, 11.3.E, 11.3.F, 11.3.G	October November
Explain dietary supplements, their different forms, and their pros and cons	11.3.A, 11.3.B, 11.3.C, 11.3.D, 11.3.E, 11.3.F, 11.3.G	October November
Discuss the importance of separating nutrition facts from fiction	11.3.A, 11.3.B, 11.3.C, 11.3.D, 11.3.E, 11.3.F, 11.3.G	October November

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Performance Indicator	PA Core Standard and/or Eligible Content	Month Taught and Assessed for Mastery
Discuss the importance of separating nutrition facts from fiction	11.3.A, 11.3.B, 11.3.C, 11.3.D, 11.3.E, 11.3.F, 11.3.G	October November
Discuss reasons for and consequences of the overweight epidemic	11.3.A, 11.3.B, 11.3.C, 11.3.D, 11.3.E, 11.3.F, 11.3.G	October November
Explain how to determine what a healthy weight is for you	11.3.A, 11.3.B, 11.3.C, 11.3.D, 11.3.E, 11.3.F, 11.3.G	October November
Describe how to manage weight in a healthy way	11.3.A, 11.3.B, 11.3.C, 11.3.D, 11.3.E, 11.3.F, 11.3.G	October November
Description of the family structure	11.2.A, 11.2.B, 11.2.C, 11.2.E, 11.2.F, 11.2.G, 11.2.H	November December
How culture affects families	11.2.A, 11.2.B, 11.2.C, 11.2.E, 11.2.F, 11.2.G, 11.2.H	November December
Stages of the family	11.2.A, 11.2.B, 11.2.C, 11.2.E, 11.2.F, 11.2.G, 11.2.H	November December
Building strong families	11.2.A, 11.2.B, 11.2.C, 11.2.E, 11.2.F, 11.2.G, 11.2.H	November December
Explain what makes food powerful	11.3.A, 11.3.B, 11.3.C, 11.3.D, 11.3.F, 11.2.B	November December
Describe the role of science in food preparation and production.	11.3.A, 11.3.B, 11.3.C, 11.3.D, 11.3.F, 11.2.B	November December
Summarize the ways that food proves pleasure in special events and daily living.	11.3.A, 11.3.B, 11.3.C, 11.3.D, 11.3.F, 11.2.B	November December
Examine the learned skills that are attained during the learning process about food in various aspects of life.	11.3.A, 11.3.B, 11.3.C, 11.3.D, 11.3.F, 11.2.B	November December
Identify types of communication styles, explain active/effective listening skills, and demonstrate the ability to use active listening skills.	11.2.A, 11.2.C, 11.2.D, 11.2.H	November December

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Performance Indicator	PA Core Standard and/or Eligible Content	Month Taught and Assessed for Mastery
Learn different styles and levels of communication.	11.2.A, 11.2.C, 11.2.D, 11.2.H	December January
Learn communication styles, constructive and destructive methods of communication, listening skills, non-verbal communication, and conflict resolution.	11.2.A, 11.2.C, 11.2.D, 11.2.H	December January
Identify types of communication styles, types of destructive communication and constructive communication, and practice using I-messages.	11.2.A, 11.2.C, 11.2.D, 11.2.H	December January
Learn to send I-messages and to identify constructive and destructive communication.	11.2.A, 11.2.C, 11.2.D, 11.2.H	December January
Understand effective communication in interpersonal relationships and identify types of communication styles.	11.2.A, 11.2.C, 11.2.D, 11.2.H	December January
Active and reflective listening skills.	11.2.A, 11.2.C, 11.2.D, 11.2.H	December January
Role of effective communication in interpersonal relationships specifically focusing on how love is communicated.	11.2.A, 11.2.C, 11.2.D, 11.2.H	December January
Patterns and conflict resolution	11.2.A, 11.2.C, 11.2.D, 11.2.H	December January
Differences in communication	11.2.A, 11.2.C, 11.2.D, 11.2.H	December January
Power issues Communication skills	11.2.A, 11.2.C, 11.2.D, 11.2.H	December January

ASSESSMENTS

PSSA Academic Standards, Assessment Anchors, and Eligible Content: The teacher must be knowledgeable of the PDE Academic Standards, Assessment Anchors, and Eligible Content and incorporate them regularly into planned instruction.

Formative Assessments: The teacher will utilize a variety of assessment methods to conduct in-process evaluations of student learning.

Effective formative assessments for this course include: Pre-Assessments of prior knowledge (e.g. entrance cards or KWL chart) • Labs/lab reports • Bell ringers/Problems of the Day(PODs) • Discussions • Teacher observation/Questioning • Graphic organizers (e.g. Venn diagrams, word mapping, webbing, KWL chart, etc.) • Summarizing • Retelling • Notetaking • Problem-based learning modules • Authentic assessment • Oral presentations • Outlining • Journaling • Student presentations/projects • Open-ended response • Classroom Performance System (CPS)

Summative Assessments: The teacher will utilize a variety of assessment methods to evaluate student learning at the end of an instructional task, lesson, and/or unit.

Effective summative assessments for this course include: Essays • Open-Ended Responses • Projects • Quizzes/tests • Student presentations • Portfolios