

Everyday Foods

This course delves into the world of healthy foods and living a healthy lifestyle. The day-to-day lessons deal with basic food preparation, label reading, shopping, and the benefits of organic, free range, non-hormone, and kosher. Nutritional information will be examined, as will restaurants and menus. Students will learn and apply kitchen techniques to help sustain the environment. This course is offered to students in grades nine through twelve.

Explanation of Abbreviations:

State Content Standard Abbreviations

Benchmark Notations = A, B, C, etc.

Descriptors = 1, 2, 3, etc.

National Standard Abbreviations

5.2.3

5 = Area of Study

2 = Content Standards

3 = Competencies

Reference Materials:

Ohio Department of Education Family and Consumer Sciences Content Standards
National Standards for Family and Consumer Sciences Education

Advocate a Healthy Lifestyle

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| A 1 | 1. Describe the impact of peer pressure on lifestyle. |
| A 2 | 2. Describe the impact of vending, fast/convenience foods on lifestyle. |
| B 1 | 3. Establish criteria for making daily food choices to meet valued outcomes (health, economics and aesthetics). |
| B 2 | 4. Explain how www.ChooseMyPlate.gov guides healthy food choices. |
| B 3 | 5. Predict the consequences of using daily recommended dietary habits. |
| B 4 | 6. Explain how group/team skills accommodate and meet individual health needs in a family/household with diverse preferences. |

Lifestyle Patterns

- C 1 1. Recognize choices that promote healthy food consumption.
- C 2 2. Identify food categories or combinations that meet healthy dietary guidelines and contribute to healthy eating patterns.
- C 3 3. Demonstrate knowledge of basic food preparation.

Examine Restaurant Menus

- D 1 1. Research www.ChooseMyPlate.gov/ to gain knowledge of restaurant menu items for nutritional value.
- D 2 2. Differentiate among restaurant menu items that contribute to daily requirements, including portion control.
- D 3 3. Identify nutritious foods to eat when away from home.

Food Choices

- E 1 1. Determine reliable sources of nutrition information.
- E 2 2. Identify the components of the USDA nutrition facts label.
- E 3 3. Research special claims on food labels related to the nutritive value of packaged food.
- E 4 4. Demonstrate knowledge of nutrient functions in the body.

Body Weight Factors

- F 1 1. Explain the role of exercise in managing weight.
- F 2 2. Identify factors that influence body weight.
- F 3 3. Explain criteria for determining healthy body weight.

Sustainability

- 9.2.9 1. Demonstrate waste disposal and recycling methods.