

Food For Life Pacing Guide 2020 - 2021

Days	Units	Instructional Materials/Notes	Georgia Standards of Excellence
5 Covered through out the course content.	Unit 1: Employability Skills Demonstrate employability skills required by business and industry.	<ul style="list-style-type: none"> ● Class Syllabus/180 Day Plan ● Info Sheet ● Food Name Game ● Potty Pass ● Autobiography ● Autobiographical Poem ● T-Shirt Doodle ● This is Me! A - Z 	1.1 Communicate effectively through writing, speaking, listening, reading, and interpersonal abilities. 1.2 Demonstrate creativity by asking challenging questions and applying innovative procedures and methods. 1.3 Exhibit critical thinking and problem solving skills to locate, analyze and apply information in career planning and employment situations. 1.4 Model work readiness traits required for success in the workplace including integrity, honesty, accountability, punctuality, time management, and respect for diversApply the appropriate skill sets to be productive in a changing, technological, diverse workplace to be able to work independently and apply teamwork skills. 1.6 Present a professional image through appearance, behavior and language.
10	Unit 2: FCCLA	<ul style="list-style-type: none"> ● Web Search ● Pin or tee shirt Design ● FCCLA Quiz ● Skor Cake Demo 	2.1 Research the history of FCCLA. 2.2 Discuss the mission, purpose, motto, colors, official dress and other distinguishing characteristics of FCCLA. 2.3 Explain how participation in FCCLA can promote lifelong responsibility for community service and professional growth and development.
20	Unit 3: Digestion	<ul style="list-style-type: none"> ● Vocabulary ● Powerpoint Notes 	2.1 Describe the structure and function of the digestive system.

Food For Life Pacing Guide 2020 - 2021

	Outline the function of the digestive system and absorption process during the lifespan.	<ul style="list-style-type: none"> ● Web Search ● Digestion Park Project ● Digestion Test ● Teacher Demo 	
10	Unit 4: Kitchen Safety/Sanitation Review	<ul style="list-style-type: none"> ● Handwashing ● Kitchen Tour ● Dishwashing ● Measuring Stations ● Measuring Lab ● Kitchen Safety/Sanitation Test 	<p>7.1 Demonstrate proper sanitation practices (e.g. hand washing, BAC guidelines).</p> <p>10.1 Determine the equivalents and measuring techniques for serving nutritious, safe and appealing foods.</p> <p>*Review standards missed from last year.</p>
15	Unit 5: Nutrients Outline the function of the digestive system and absorption process during the lifespan.	<ul style="list-style-type: none"> ● Vocabulary ● Powerpoint Notes ● Nutrient Slideshow Project ● Nutrient Collage ● Nutrient Test ● Calzone Lab 	<p>2.3 Define essential nutrients, list the six classes of essential nutrients, and describe the functions they perform in the body and list major food sources in the typical American diet.</p>
15	Unit 6: Pregnancy Nutrition Identify and discuss the requirements of maternal and fetal nutrition during pregnancy.	<ul style="list-style-type: none"> ● Graphic Organizer ● Vocabulary ● DVD: From Conception to Birth w/guide ● Prenatal Drawings ● Pregnancy Poster Project ● Beemer's Permanent Hangover Story/Personal Letter ● Pregnancy Nutrition Test ● Lab 	<p>4.1 Discuss the changes in nutritional needs throughout pregnancy for the mother and the developing fetus and the role of the placenta in meeting those needs.</p> <p>4.2 Identify and describe the stages of fetal growth and the positive and negative nutritional influences.</p> <p>4.3 Discuss prenatal nutrition-related issues for the developing baby during pregnancy, such as supplement use; pica; consumption of alcohol, caffeine, artificial sweeteners and heavy metals and pesticides; smoking; and prevention of neural tube defects.</p> <p>4.4 Study common nutrition-related issues of the mother such as constipation, hemorrhoids, heartburn, nausea and vomiting and outline</p>

**Food For Life
Pacing Guide 2020 - 2021**

			<p>strategies for their management.</p> <p>4.5 Discuss high-risk pregnancies with emphasis on teenage pregnancies, pregnancy induced hypertension and gestational diabetes.</p> <p>4.6 Plan menus for one day that take into account the nutritional needs of the mother and the developing fetus and avoid inclusion of potential injurious dietary components; and compare to a typical teenage diet.</p>
15	<p>Unit 7: Newborn Nutrition</p> <p>Investigate the proper feeding of newborns by analyzing nutritional requirements and potential deficiencies of mother and child during the first weeks after birth.</p>	<ul style="list-style-type: none"> ● Powerpoint Notes ● Venn Diagram (Bottle vs Breast) ● Baby Formula Evaluation Lab ● “Feeding” Web Research /MyPlate ● Breast vs Bottle Paper ● Lab ● Newborn Feeding Test 	<p>5.1 Compare and contrast the nutritional content of breast milk (produced in the various stages of lactation) and infant formula.</p> <p>5.2 Discuss the advantages and disadvantages of breastfeeding versus bottle feeding for the mother, father and baby.</p> <p>5.3 Demonstrate the steps in the proper preparation of infant formula, and identify potential safety hazards in the preparation of infant formula and the storage of infant formula and expressed breast milk.</p> <p>5.4 Identify and discuss conditions that impact feeding, i.e. cleft lip/palate, constipation and infant formula.</p>
15	<p>Unit 8: Infant Nutrition</p> <p>Develop a nutritionally balanced diet for infants from birth through the first year of life.</p>	<ul style="list-style-type: none"> ● Vocabulary ● Feeding Web ● PIES Web Search ● Infant Snack Lab Evaluations ● Baby Food Safety Brochure ● Commercial vs Homemade Baby Food Evaluation Lab ● Lab 	<p>6.1 Identify the roles and changing sources of key nutrients of concern during this age period.</p> <p>6.2 Determine the effects of a diet lacking required key nutrients on growth and development.</p> <p>6.3 Discuss the impact of environmental factors on the infant’s diet.</p> <p>6.4 Outline and justify the recommendations for the introduction of solid foods, taking into account the most updated recommendations on early food allergens and the development of the digestive system and oral structures.</p> <p>6.5 Compare commercially available infant foods to</p>

**Food For Life
Pacing Guide 2020 - 2021**

			<p>home prepared infant foods. (color, texture, flavor, convenience, nutritional value, cost, etc.)</p> <p>6.6 Describe safe techniques for the preparation of home prepared infant foods and the storage of both home-prepared and commercially-prepared infant foods.</p>
15	<p>Unit 9: Childhood Nutrition</p> <p>Develop a nutritionally balanced diet for children in the different stages of childhood.</p>	<ul style="list-style-type: none"> ● Vocabulary ● Powerpoint Notes ● Childhood Obesity Web Quest ● Youtube: Crushing Weight Jacobs Story ● Elementary Lunch Menu Evaluation ● Nutritious Snack Collage ● Waffle Lab 	<p>7.1 Identify the requirements for a nutritionally-balanced diet for the child in the different stages of childhood.</p> <p>7.2 Determine the health effects of a diet lacking required problem nutrients.</p> <p>7.3 Identify common factors that put a child at nutritional risk.</p> <p>7.4 Discuss the impact of environmental factors on the child's diet.</p> <p>7.5 Evaluate the use of dietary supplements in childhood.</p> <p>7.6 Determine how the school nutrition program meets the nutritional needs at different stages of childhood.</p> <p>7.7 Compare and contrast the nutritional value of cow's milk, goat's milk, soy milk, and various other non-dairy milks and the role in meeting the nutritional needs of the child.</p>
20	<p>Unit 10: Adolescent Nutrition</p> <p>Develop a nutritionally balanced diet for an adolescent.</p>	<ul style="list-style-type: none"> ● Vocabulary ● Powerpoint Notes ● Eating Disorders ● Youtube: Dying to be Thin ● Body Composition Packet ● Teen Issues Research ● Youtube: Teenage Driver Safety Campaign - Danger of Speeding ● Taco Bowls Lab 	<p>8.1 Identify the requirements for a nutritionally-balanced diet for the adolescent.</p> <p>8.2 Determine the health effects of a diet lacking required problem nutrients in this age group.</p> <p>8.3 Discuss the impact of environmental factors on the adolescent's diet.</p> <p>8.4 Identify changes in body composition as a result of growth and development and explain the causes of increased nutritional risk for individuals in this age group.</p>

**Food For Life
Pacing Guide 2020 - 2021**

		<ul style="list-style-type: none"> • Test 	<p>8.5 Demonstrate an awareness of fluids, hydration, carbohydrates and supplements on physical activity.</p> <p>8.6 Explain the causes of obesity and evaluate popular weight loss diets within the context of an adequate and balanced diet.</p> <p>8.7 Distinguish between eating disorders, and predict the outcomes and identify the at risk individuals.</p>
15	<p>Unit 11: Adult Nutrition</p> <p>Develop a nutritionally-balanced diet for the middle adult years.</p>	<ul style="list-style-type: none"> • Vocabulary • Chronic Diseases Research • Exercise Program • Lab 	<p>9.1 Identify the requirements for nutritionally-balanced diet for the middle adult years.</p> <p>9.2 Determine the health effects of a diet lacking required problem nutrients.</p> <p>9.4 Discuss nutrition strategies to prevent the development of chronic diseases, such as heart disease, diabetes, cancers, and osteoporosis.</p> <p>9.6 Describe and demonstrate the components and appropriate activities of a physical fitness programs such as muscle strength, endurance (aerobic fitness), and flexibility.</p>
10	<p>Unit 12: Elderly Nutrition</p> <p>Develop a nutritionally balanced diet for the elderly.</p>	<ul style="list-style-type: none"> • Vocabulary • Food Assistance Programs Research • Lab 	<p>10.1 Describe the biological aspects of aging and outline life expectancy in relation to current demographics in the United States.</p> <p>10.2 Identify the requirements for a nutritionally-balanced diet for the elderly.</p> <p>10.3 Determine the health effects of a diet lacking required problem nutrients.</p> <p>10.5 Identify medications commonly used by the elderly and the potential of medications to impact nutritional status.</p> <p>10.6 Describe food assistance programs for the elderly.</p>
10	<p>Unit 13: Career Research</p>	<ul style="list-style-type: none"> • Vocabulary 	<p>11.1 Identify foods and nutrition careers in the</p>

**Food For Life
Pacing Guide 2020 - 2021**

	Research careers in foods and nutrition.	<ul style="list-style-type: none">• Career Exploration Research	government, business, media, educational and healthcare sectors and list the educational requirements for those identified.
--	--	---	---