



	<ul style="list-style-type: none"> <li>• Explain how knowledge of nutrition fits into healthy meal preparation and menu planning.</li> </ul> <p><b>Learning Activities:</b></p> <ol style="list-style-type: none"> <li>1. Whole Class Activity-- Instructor will present Nutrition Basics PowerPoint presentation. The presentation will introduce participants to a) the six major food groups: <i>proteins, carbohydrates, fats, vitamins, minerals, and water</i>, b) nutrient contributions of vitamins, minerals, and c) nutrient variability within a group, and d) daily recommended intake. <ul style="list-style-type: none"> <li>• Proteins</li> <li>• Carbohydrates</li> <li>• Fats</li> <li>• Vitamins</li> <li>• Minerals</li> <li>• Water</li> </ul> </li> <li>2. Small Group Learning Activity-- Divide participants into groups of 3 or 4. Participants will work in small groups to prepare menu for a multi-course nutritious meal that fulfills the following nutritional guidelines: healthy portion size, nutrient variability, and correct proportional nutritional intake (<b>See Handout #1-- Menu Plan for Multi-Course Nutritious Meal</b>)</li> <li>3. Whole class learning activity— Each of the small groups from the previous activity will present their menu plan for a nutritious multi-course meal to whole class. Class participants will rate the each small group’s menu plan using the rating scale rubric provided by the instructor. (<b>See Handout #2— Menu Plan Rating Scale</b>)</li> </ol>	<p style="text-align: center;"><b>30 mins</b></p> <p style="text-align: center;"><b>30 mins</b></p> <p style="text-align: center;"><b>30 mins</b></p>
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	<p><b>Closure:</b></p> <ol style="list-style-type: none"> <li>1. Why is it important for Culinary Arts educators to apply knowledge of nutrition principles to their instruction?</li> <li>2. List some ways that you will apply knowledge of nutrition principles to the Culinary Arts courses that you will teach?</li> <li>3. What is something that impressed you about the menu plans presented by your peers today?</li> </ol> <p><b>Transfer Out:</b> In this unit we examined basic nutrition principles, in the next unit we will review professional kitchen equipment.</p>	<p><b>10 mins</b></p> <p><b>1 mins</b></p> <p><b>Total = ~ 2 hours</b></p>
<p><b>Evaluation and Assessment:</b></p>	<p>Menu Plan for Nutritional Meal Rating Scale</p>	
<p><b>Materials and Resources:</b></p>	<p>Handout #1—Menu Plan for Nutritious Multi-Course Meal, Handout #2—Menu Plan Rating Scale</p>	