

**Family and Consumer Sciences
Foods and Nutrition 1B Snapshot
Mrs. Raterman**

Day	Date	Daily Learning Target	Agenda- Congruent Task	Formative Assessment
1		<i>I can summarize the content studied and expectations required for Foods and Nutrition 1B</i>	BR Intro to Foods 1B Syllabus and Expectations Index Card Foods 1B Pretest Get to Know You Activity	BR: What topics are you hoping to cover in foods 1B?
2		<i>I can explain basal metabolic rate, it's relation to calories and how a healthcare professional can apply this information to a treatment plan.</i>	BR Ch 5 Vocabulary Ch 5 Notes Exit Slip	BR: Why is it important to think about the foods we eat? List three benefits and consequences of not maintaining a healthy diet. Exit Slip: <i>Explain basal metabolic rate, it's relation to calories and how a healthcare professional can apply this information to a treatment plan.</i>
3		<i>I can describe how the body uses nutrients both now and later and explain basal metabolic rate and how it relates to calories.</i>	Ch 5 Notes Nutrients in the Body	BR: How does your body measure your basal metabolism? How can this information help a person in meal planning?
4		<i>I can list and analyze, which means determine the differences and functions of the six essential nutrients.</i>	Bell Ringer Divide into Groups and Select one of the Six Nutrients <ul style="list-style-type: none"> Gather information about your assigned nutrient and create an 	BR: What do you know about metabolism?

			<p>informative poster according to the rubric</p> <ul style="list-style-type: none"> Gallery Nutrient Walk <p>Formative Assessment-Exit Slip Questions relating back to the Learning Target</p>	
5			<p>BR</p> <p>Articles Focus on Vitamins and Focus on Fat</p> <p>Nutrition Study Guide</p>	BR: None
6		<p><i>I can explain the dietary guidelines for Americans and discuss the importance of separating nutrition facts from fiction.</i></p>	<p>BR</p> <p>Ch 10 Notes Part 1</p> <p>Nutrition Label Reading Check</p> <p>Ch 10 Notes Part 2</p> <p>CH. 10 Study Guide</p> <p>Homework: Evaluating my food diary with compared to the Dietary Guidelines for Americans.</p>	<p>BR: Review your food journal. Observe any trends that have occurred over the past week. Example: Do you eating habits change over the weekend? After observing at least two trends, give an explanation of why you believe this occurs.</p>
7		<p><i>I can utilize the choosemyplate.gov website to analyze my nutrition intake and make adjustments where needed.</i></p>	<p>BR</p> <p>MyPlate.gov Computer</p>	<p>BR: It has been proposed in government, state and federal, that non healthy foods, such as soda and high sugar and fat containing foods, should be taxed at a higher rates than those foods that are considered healthier choices. Let me know what you think about the proposed legislation? Is this fair, if so, why and do you think it would make people make healthier food choices?</p>
8		<p><i>I can utilize the choosemyplate.gov website to analyze my nutrition intake and make adjustments where needed.</i></p>	<p>BR</p> <p>MyPlate.gov Computer</p>	<p>BR: After inputting your food consumption into myplate.gov, are you meeting your nutritional needs? What areas are you good in and where do you need to improve?</p>
9		<p><i>I can explain what a healthy weight is for me and describe how to manage my weight in a healthy</i></p>	<p>BR</p> <p>Ch. 11 Notes</p> <p>Ch. 11 Enrichment</p>	<p>BR: How does the media distort body image? Make two columns: 1. Actors that have a good body weight, 2. Actors that do not have a good</p>

		way.		body weight.
10		<i>I can outline the process of digestion; explain how nutrients are absorbed, transported and stored; and tell how the body uses food to produce energy.</i>	BR Ch 10&11 Quiz Ch. 2.5 Notes Digestion Enrichment	BR: Why is it essential to maintain a good diet and feed your body?
11		<i>I can discuss the causes, preventatives, and dietary issues associated with lifestyle diseases and explain the symptoms, causes and solutions to eating disorders.</i>	BR Digestive Disease Quiz Ch 12 Notes-Health Challenges	BR: How does stress affect you?
12		<i>I can recognize the nutritional guidelines for individuals over the life span and create nutritious snacks or meals appropriate for individuals at various stages of the life span; as well as, analyze the correlation between proper nutrition and the growth and development of individuals</i>	BR Ch 13 Notes –Lifespan Nutrition Family Life Cycle-Nutritional View Unit 1 Test Review	BR: How do you think your nutritional needs change as you age and grow? Start with some of the foods you ate and enjoyed as a child through what you enjoy and need now. Make a prediction on how you think your needs will change in the future.
13		<i>I can describe the causes, effects, types, conditions and diets related to digestive diseases.</i>	BR Unit 1 Test Nutritional Disease Research Project	BR: Define the term chronic and identify three common chronic diseases and how to prevent them.
14		<i>I can describe the causes, effects, types, conditions and diets related to</i>	BR Nutritional Disease Lifestyle Project	BR: Name 4 suggestions for improving the health value of a recipe.

		<i>digestive diseases.</i>	Research Day	
15		<i>I can describe the causes, effects, types, conditions and diets related to digestive diseases.</i>	BR Nutritional Disease Lifestyle Project Research Day	BR: List two facts you have discovered about your disease that you did not already know.
16		<i>I can describe the causes, effects, types, conditions and diets related to digestive diseases.</i>	BR Presentation Day	BR None
17		<i>I can describe the causes, effects, types, conditions and diets related to digestive diseases.</i>	BR Presentation Day	BR None
18			BR Holiday Recipe Planning	BR None
19			BR Holiday Recipe Day 1	BR None
20			BR Holiday Recipe Day 2	BR None
21		<i>I can discuss the scientific properties and identify appropriate cooking techniques of yeast breads.</i>	BR Yeast Bread Notes Yeast Bread Lab Plan	BR: Evaluate how yeast bread differs from quick bread.
22		<i>I can discuss the scientific properties and identify appropriate cooking techniques of yeast breads, as well as demonstrate how to properly activate yeast.</i>	BR Pizza Lab Day 1 Complete Notes	BR: What is the purpose of kneading dough?

23		<i>I can discuss the scientific properties and identify appropriate cooking techniques of yeast breads, as well as demonstrate how to properly knead and roll out yeast dough.</i>	BR Pizza Lab Day 2 Yeast Bread Quiz	BR: Follow the stages of the yeast from activation through baking.
24		<i>I can discuss the scientific properties and identify appropriate cooking techniques of yeast breads, as well as demonstrate how to properly activate yeast.</i>	BR Cinnamon Roll Day 1 Vocabulary Sentence Writing	BR-None
25		<i>I can discuss the scientific properties and identify appropriate cooking techniques of yeast breads, as well as demonstrate how to properly activate yeast.</i>	BR Cinnamon Roll Day 2 Vocabulary Sentence Writing	BR-None
26		<i>I can discuss the scientific properties and identify appropriate cooking techniques of yeast breads, as well as demonstrate how to properly activate yeast.</i>	BR Cinnamon Roll Day 3 Make Pretzel Dough	BR-None
27		<i>I can discuss the scientific properties and identify appropriate cooking techniques of yeast breads, as well as demonstrate how to properly activate yeast.</i>	BR Prepare Pretzels	BR-None
		<i>I can discuss the composition and</i>	Egg Notes	BR: Which egg has more nutritional value a white

28		<i>nutrient qualities of eggs and I can discuss different preparation techniques for preparing eggs.</i>	Egg Files	egg or brown egg? Explain
29		<i>I can draw and label the parts of an egg and plan for the quiche lab following all lab expectations.</i>	BR Quiche Lab Plan Egg Study Guide	BR: Explain the process of how an egg is graded.
30		<i>I can discuss the composition and nutrient qualities of eggs and I can discuss different preparation techniques for preparing eggs.</i>	BR Egg Quiz Quiche Lab Day 1	BR: How are chickens housed in order to ensure egg quality and food safety?
31		<i>I can demonstrate the composition and nutrient qualities of eggs and I can demonstrate different preparation techniques for preparing eggs.</i>	BR Quiche Lab Day 2 Eggs Benedict Lab Plan Demo-Poaching an Egg	BR: Explain the process your egg went through in order to become solid. What is this process called?
32		<i>I can demonstrate the composition and nutrient qualities of eggs and I can demonstrate different preparation techniques for preparing eggs.</i>	BR Lab-Eggs Benedict	BR: Describe emulsification and give an example of an emulsified food.
33		<i>I can give guidelines for buying and storing and cooking with dairy.</i>	BR Dairy Notes Dairy Lab Plan	BR: None
34		<i>I can discuss the manufacturing and processing of dairy products.</i>	BR Modern Marvels-Dairy	BR: None
35		<i>I can make a white sauce using milk cooking techniques discussed in class.</i>	BR Dairy Lab	What is the ratio of a roux?
36		<i>I can discuss the cooking properties of dairy products and poultry.</i>	BR Dairy Quiz Review Poultry Notes	BR: How does ice cream differ from sorbet?

37		<i>I can discuss the cooking properties of dairy products and poultry.</i>	Dairy Quiz Poultry Lab Plan	BR: Explain the differences between a ripened cheese and a fresh cheese. Give an example of both.
38		<i>I can create a marinated from scratch and discuss the purposes of a marinated.</i>	BR Honey Soy Chicken Day 1 Careers in the Food Industry	BR: What are the marinating ingredients in your recipes and purpose does each ingredient serve in your recipe?
39		<i>I can analyze the differences of broiling verses baking.</i>	BR Honey Soy Chicken Day 2 Careers in the Food Industry	BR: What is the purpose of pounding the chicken?
40		<i>I can discuss the differences between a stock and a broth, as well as, analyze how to make a soup healthier.</i>	BR Soup Notes Soup Lab Plan	BR: None
41		<i>I can create a soup using a variety of methods and ingredients and discuss the health value of the soup I prepared.</i>	BR Soup Day 1	BR: Identify the thickening agent in your soup.
42		<i>I can evaluate the homemade soup compared to the processed soup based on taste, nutrition value and visual appeal.</i>	BR Soup Day 2 Sodium Article	BR: What is the difference between a stock and a broth? Discuss how one would make a brown stock?
43		<i>I can research and gather information about</i>	BR Complete Career Bio	BR: List three harmful effects of sodium on your body and discuss three strategies to prevent this from happening.
44		<i>I can review the main concepts in the foods 1 B in order to prepare for my final.</i>	BR Cleaning Day	BR: None
45		<i>I can review the main concepts in the foods 1B in order to prepare for</i>	BR Review Day	BR: None

		<i>my final.</i>		
47		<i>I can review the main concepts in the foods 1 B in order to prepare for my final.</i>	BR ACT Review Day	BR: None
48		<i>I can review the main concepts in the foods 1 B in order to prepare for my final.</i>	Review Day	BR: None
49		<i>I can review the main concepts in the foods 1 B in order to prepare for my final.</i>	Final Review Day	BR: None
50		<i>I can evaluate and interpret the information discussed in foods 1B.</i>	Final	BR: None
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