

**Argenta-Oreana High School
Foods and Nutrition I**

Date Semester	IL Learning Standards	Unit and/or Essential Question Content and/or Skills	Assessments and/or Products
August-September		Unit #1 Chapter 1 Exploring Food Choices <ul style="list-style-type: none"> • Food and Health • Influences on Food Choices • Food and Culture • Food, Science, and Technology • Managing Resources and Making Decisions Skills <ul style="list-style-type: none"> • Describe the importance of nutrition and wellness. • Explain how food meets physical and psychological needs • ID social influences on food choices • How do resources and technology influences food choices • Give examples of cultural food customs • How have food customs evolve through history • Explain how science is related to nutrition and food preparation • Discuss the impact of food-related technology in the food industry and in the home. • Give examples of how management techniques relate to the study of food and nutrition • List the steps in the decision making process 	<ul style="list-style-type: none"> • Terms <ul style="list-style-type: none"> *Nutrition Nutrients Wellness Self-Esteem Psychological Culture Media Resources Lifestyle Ethnic Group Multicultural Cultural Diversity Science Food science Ergonomics Technology Management • Chapter questions • Tests and Quizzes (Multiple choice, matching, fill in the blank, essay)
October		Unit #2 Chapter 2 The Nutrients You Need <ul style="list-style-type: none"> • The role of nutrients • Carbohydrates, Fiber and Proteins 	

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		<ul style="list-style-type: none"> • Fats • Vitamins, Minerals, and Water • How your body uses Food <p>Skills</p> <ul style="list-style-type: none"> • Name the 6 major types of nutrients • Explain the purpose of RDAs • Give guidelines regarding calorie needs and calorie sources • Evaluate the use of supplements to meet daily nutritional needs. • 	