

Lifetime Nutrition & Wellness

At-A-Glance - Lamar CISD

Ongoing Skills Imbedded All Year	Professional Standards/Employability Skills/Technical Skills		
	Professional Standards & Employability Skills LNW 1(A) The student will apply interpersonal communication skills in business and industry settings. LNW 1(B) The student will explain and recognize the value of collaboration within the workplace. LNW 1(C) The student will examine the importance of time management to succeed in the workforce. LNW 1(D) The student will identify work ethics and professionalism in a job setting. LNW 1(E) The student will develop problem-solving and critical-thinking skills.		
Ongoing Ways to Show			
Grading Period	Unit Name	Estimated Time Frame	TEKS
Grading Period 1 28 Days or Grading Period 4 33 Days	Professional Standards & Employability Skills	1 Day	1A, 1B, 1C, 1D, 1E
	LNW 1(A) The student will apply interpersonal communication skills in business and industry settings. LNW 1(B) The student will explain and recognize the value of collaboration within the workplace. LNW 1(C) The student will examine the importance of time management to succeed in the workforce. LNW 1(D) The student will identify work ethics and professionalism in a job setting. LNW 1(E) The student will develop problem-solving and critical-thinking skills.		
	Lifetime Nutrition & Wellness	1 Day	7A, 7B, 7C, 7D
	LNW 7(A) The student will participate as an effective team member demonstrating cooperation and responsibility. LNW 7(B) The student will apply effective practices for managing time and energy to complete tasks on time. LNW 7(C) The student will practice problem solving using leadership and teamwork skills. LNW 7(D) The student will use presentation skills to communicate and apply knowledge about careers in consumer services.		
	Careers in Nutrition	1 Day	8A, 8B, 8C, 8D
	LNW 8(A) The student will compare and contrast education or training needed for careers in nutrition. LNW 8(B) The student will establish personal short-term and long-term career goals. LNW 8(C) The student will analyze entrepreneurial opportunities in nutrition. LNW 8(D) The student will apply a problem-solving approach to a business challenge or opportunity to improve sustainability efforts while maintaining or increasing profits and/or organizational health.		
	Pregnancy to Adulthood	4 Days	2A, 2B, 2C, 2D
	LNW 2(A) The student will classify nutrients and their functions and food sources and compare the nutritive value of various foods. LNW 2(B) The student will assess the effects of nutritional intake on health, appearance, effective job performance, and personal life. LNW 2(C) The student will analyze and apply various dietary guidelines throughout the life cycle, including pregnancy, infancy, childhood, and late adulthood. LNW 2(D) The student will compare personal food intake to recommended dietary guidelines.		
Nutrition Principles	4 Days	4A, 4B, 4C, 4G	
LNW 4(A) The student will research the long-term effects of food choices. LNW 4(B) The student will outline strategies for prevention, treatment, and management of diet-related diseases such as diabetes, hypertension, childhood obesity, anorexia, and bulimia. LNW 4(C) The student will determine the effects of food allergies and intolerances on individual and family health. LNW 4(G) The student will analyze current lifestyle habits that may increase health risks.			

	Connecting Food & Health	3(4) Days	3D, 3E, 4D, 4H
	<p>LNW 3(D) The student will locate community resources that promote physical activity and fitness.</p> <p>LNW 3(E) The student will explain the relationship of activity levels and caloric intake to health and wellness, including weight management.</p> <p>LNW 4(D) The student will plan diets based on life cycle, activity level, nutritional needs, portion control, and food budget.</p> <p>LNW 4(H) The student will identify community programs that provide nutrition and wellness services.</p>		
	Healthy Digestive System	4(5) Days	3A, 3B, 3C
	<p>LNW 3(A) The student will describe the processes of digestion and metabolism.</p> <p>LNW 3(B) The student will calculate and explain basal and activity metabolisms and factors that affect each.</p> <p>LNW 3(C) The student will apply knowledge of digestion and metabolism when making decisions related to food intake and physical fitness.</p>		
	Food Safety & Sanitation	4(5) Days	5A, 5B, 5C
	<p>LNW 5(A) The student will demonstrate safe and sanitary practices in the use, care, and storage of food and equipment.</p> <p>LNW 5(B) The student will explain types and prevention of food-borne illnesses.</p> <p>LNW 5(C) The student will practice appropriate dress and personal hygiene in food preparation.</p>		
	Successful Lab Management	3 Days	6A, 6B, 6C, 6D, 6E, 6F, 6G
	<p>LNW 6(A) The student will read and comprehend standard recipes.</p> <p>LNW 6(B) The student will correctly use standard measuring techniques and equipment.</p> <p>LNW 6(C) The student will demonstrate correct food preparation techniques, including nutrient retention.</p> <p>LNW 6(D) The student will use food buying strategies such as calculating food costs, planning food budgets, and creating grocery lists.</p> <p>LNW 6(E) The student will demonstrate food preparation techniques to reduce overall fat and calories.</p> <p>LNW 6(F) The student will practice etiquette, food presentation, and table service appropriate for specific situations.</p> <p>LNW 6(G) The student will apply food storage principles.</p>		
	Nutrition Facts Label	3(5) Days	4I, 4J, 4K, 4L, 4M
	<p>LNW 4(I) The student will examine the nutritional value of fast foods and convenience foods.</p> <p>LNW 4(J) The student will read and interpret food labels.</p> <p>LNW 4(K) The student will examine and explain nutritional serving sizes.</p> <p>LNW 4(L) The student will compare organic and green food choices.</p> <p>LNW 4(M) The student will determine sustainable food choices and their impact on society.</p>		
Grading Period 2 25 Days or Grading Period 5 34 Days	Fruits & Water-Soluble Vitamins	5(7) Days	6A, 6B, 6C, 6D, 6E, 6F, 6G
	<p>LNW 6(A) The student will read and comprehend standard recipes.</p> <p>LNW 6(B) The student will correctly use standard measuring techniques and equipment.</p> <p>LNW 6(C) The student will demonstrate correct food preparation techniques, including nutrient retention.</p> <p>LNW 6(D) The student will use food buying strategies such as calculating food costs, planning food budgets, and creating grocery lists.</p> <p>LNW 6(E) The student will demonstrate food preparation techniques to reduce overall fat and calories.</p> <p>LNW 6(F) The student will practice etiquette, food presentation, and table service appropriate for specific situations.</p> <p>LNW 6(G) The student will apply food storage principles.</p>		
	Table Setting, Etiquette & Presentation	4(5) Days	6F
	<p>LNW 6(F) The student will practice etiquette, food presentation, and table service appropriate for specific situations.</p>		
	Knife Skills	5(7) Days	6C, 6E
<p>LNW 6(C) The student will demonstrate correct food preparation techniques, including nutrient retention.</p> <p>LNW 6(E) The student will demonstrate food preparation techniques to reduce overall fat and calories.</p>			

	Veggies & Fats-Soluble Vitamins Grains & Carbs	5(7) Days 5(7) Days	6A, 6B, 6C, 6D, 6E, 6F, 6G
	<p>LNW 6(A) The student will read and comprehend standard recipes.</p> <p>LNW 6(B) The student will correctly use standard measuring techniques and equipment.</p> <p>LNW 6(C) The student will demonstrate correct food preparation techniques, including nutrient retention.</p> <p>LNW 6(D) The student will use food buying strategies such as calculating food costs, planning food budgets, and creating grocery lists.</p> <p>LNW 6(E) The student will demonstrate food preparation techniques to reduce overall fat and calories.</p> <p>LNW 6(F) The student will practice etiquette, food presentation, and table service appropriate for specific situations.</p> <p>LNW 6(G) The student will apply food storage principles.</p>		
	Gluten Free	1 Day	4C
	LNW 4(C) The student will determine the effects of food allergies and intolerances on individual and family health.		
Grading Period 3 25 Days or Grading Period 6 28 Days	Protein Food & Trace Minerals Dairy, Major Minerals & Electrolytes Oils & Fats	5(6) Days 4(6) Days 1 Day	6A, 6B, 6C, 6D, 6E, 6F, 6G
	<p>LNW 6(A) The student will read and comprehend standard recipes.</p> <p>LNW 6(B) The student will correctly use standard measuring techniques and equipment.</p> <p>LNW 6(C) The student will demonstrate correct food preparation techniques, including nutrient retention.</p> <p>LNW 6(D) The student will use food buying strategies such as calculating food costs, planning food budgets, and creating grocery lists.</p> <p>LNW 6(E) The student will demonstrate food preparation techniques to reduce overall fat and calories.</p> <p>LNW 6(F) The student will practice etiquette, food presentation, and table service appropriate for specific situations.</p> <p>LNW 6(G) The student will apply food storage principles.</p>		
	Weight Management, Calories & Fad Diets	10 Days	4E, 4F, 4B, 4C, 4D, 4G, 4H
	<p>LNW 4(E) The student will develop examples of therapeutic diets.</p> <p>LNW 4(F) The student will analyze advertising claims and fad diets with the recommendations of the Recommended Dietary Allowances.</p> <p>LNW 4(B) The student will outline strategies for prevention, treatment, and management of diet-related diseases such as diabetes, hypertension, childhood obesity, anorexia, and bulimia.</p> <p>LNW 4(C) The student will determine the effects of food allergies and intolerances on individual and family health.</p> <p>LNW 4(D) The student will plan diets based on life cycle, activity level, nutritional needs, portion control, and food budget.</p> <p>LNW 4(G) The student will analyze current lifestyle habits that may increase health risks.</p> <p>LNW 4(H) The student will identify community programs that provide nutrition and wellness services.</p>		
	Physical Activities & Sports Nutrition	5 Days	3D, 3E
	<p>LNW 3(D) The student will locate community resources that promote physical activity and fitness.</p> <p>LNW 3(E) The student will explain the relationship of activity levels and caloric intake to health and wellness, including weight management.</p>		