

Calendar-Based Curriculum Map: Foods

	August	September
Essential Question	How does FCCLA assist students in assuming a leadership role as a responsible Family Member and Citizen?	How do you promote good health?
Content	Leadership Styles; Characteristics of effective leadership; FCCLA mission, goals, and components; problem solving; FCCLA planning process	Healthy meal planning and preparation; safety and sanitation practices; food assistance programs; reliable sources on food and nutritional information;
Skills	Define leadership and leadership styles; Identify characteristics of effective leadership; Identify organization roles and opportunities and how they assist in becoming a family member and citizen; Demonstrate problem solving skills	Demonstrate the ability to plan and prepare healthy meals using available resources; Demonstrate mastery of safety and sanitation practices; Compare ways to select, store, prepare and serve food; Identify food assistance programs; Compare/contrast sources of reliable food/nutritional information, products, and services;
Assessments	Worksheets, Quizzes, FCCLA Power of One unit, Step One, FCCLA test	Worksheets, Quizzes, Unit test, Lab evaluations Safety and Sanitation Pre-lab test
Activities/ Resources	Step One CD; Power of One Manual, FCCLA Handbook,	Textbook, discussion, meal planning activity, labs, lab activity preplanning and evaluation sheets

Calendar-Based Curriculum Map:

	October	November
Essential Question	What are the factors that influence your personal food choices?	What are the principles of good nutrition?
Content	safety and sanitation practices; cultural, social, psychological, and environmental influences on food choices; influence of technology and research	safety and sanitation practices; Effects of nutrients on health, growth, appearance, and performance; nutritional guidelines; nutrient sources; caloric composition of food
Skills	Demonstrate the ability to plan and prepare healthy meals using available resources; Demonstrate mastery of safety and sanitation practices; Compare ways to select, store, prepare and serve food; Compare and contrast the influences of culture, family, social, psychological and environmental choices; Investigate the impact of research and technology in food	Demonstrate the ability to plan and prepare healthy meals using available resources; Demonstrate mastery of safety and sanitation practices; Compare ways to select, store, prepare and serve food; Describe the effects of nutrients on health, growth, appearance, and performance; Identify sources of nutrients; Apply knowledge of nutritional guidelines; Compare/contrast nutrient/caloric composition of foods
Assessments	Worksheets, Quizzes, Unit test, Lab evaluations	Worksheets, Quizzes, Unit test, Lab evaluations
Activities/Resources	Textbook, discussion, labs, lab activity preplanning and evaluation sheets	Textbook, discussion, lab activity, calorie comparison activity, preplanning and evaluation sheets

Calendar-Based Curriculum Map: _____

		December
Essential Question	What are the common practices of nutrition and wellness? What are common careers associated with foods and nutrition?	
Content	<p>safety and sanitation practices;</p> <p>Eating patterns; special nutritional needs; nutrition related health risk; eating disorders; physical activity</p> <p>Careers in food and nutrition</p>	
Skills	<p>Demonstrate the ability to plan and prepare healthy meals using available resources; Demonstrate mastery of safety and sanitation practices; Compare ways to select, store, prepare and serve food;</p> <p>Evaluate personal eating patterns; Examine special nutritional needs; Compare and contrast changes in food/nutritional needs across a lifespan; Identify nutrition related health risks; Describe the affects of eating disorders and fad diets on wellness; Describe the role of physical activity on wellness</p> <p>Investigate careers in the areas of food and nutrition; Examine ethical issues and work responsibilities related to the area of food and nutrition</p>	
Assessments	Worksheets, Quizzes, Unit test, Lab evaluations	
Activities/Resources	Textbook, discussion, labs, lab activity preplanning and evaluation sheets, power point on diet/eating disorder, research paper on a food/nutrition career	