



Course Title: Foods and Nutrition

Content Area: Family and Consumer Sciences

Grade Level: 10-12

Scope and Sequence

Grade Level: 10-12			Content Area: Family and Consumer Sciences			
Unit or Topic	Standards: National and State	Length of Time	Key Content	Assessment Tools	Scaffolding Strategies (Interventions, Special Education)	Resources & Materials
Intro. To Foods and Nutrition		1 Day	-Classroom procedures	Teacher created assessments; quizzes, study guides, handouts	<i>-Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:</i> <ul style="list-style-type: none">• check for understanding• repeated review• peer tutoring	- All content is teacher created. Materials are posted in Blackboard. On Google classroom, or on paper
Introductory Terms and Concepts	9.3 9.4 14.1 11.3.6C 11.3.12C	1 Week	-The meaning of nutrition - Foundation knowledge for thinking about nutrition	Teacher created assessments; quizzes, study guides, handouts	<i>-Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:</i> <ul style="list-style-type: none">• check for understanding	- All content is teacher created. Materials are posted in Blackboard. On Google classroom, or on paper



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Key Terms, Standards and Recommendations	9.3.1 9.4 14.1 11.3.6C 11.3.12F 11.3.9D	2.5 Weeks	-Nutrition in the context of overall health -Ways of knowing about nutrition -Nutrition, attitudes, and behavior	Teacher created assessments; quizzes, study guides, handouts	<i>-Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:</i> <ul style="list-style-type: none"> • check for understanding • repeated review • peer tutoring 	- All content is teacher created. Materials are posted in Blackboard. On Google classroom, or on paper
Macronutrients	11.3.12E 11.3.9E 11.3.12F 14.2.1 9.4.1 9.3.1 9.3.3	2.5 Weeks	-Water is an essential nutrient -Carbohydrates -Proteins and Amino Acids -Fats and Health	Teacher created assessments; quizzes, study guides, handouts Teacher guided and observed labs	<i>-Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:</i> <ul style="list-style-type: none"> • check for understanding • repeated review • peer tutoring 	- All content is teacher created. Materials are posted in Blackboard. On Google classroom, or on paper



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Micronutrients	11.3.12E 11.3.9E 11.3.12F 14.2.1 9.4.1 9.3.1 9.3.3	1 Weeks	-Vitamins and your health -Good things to know about minerals	Teacher created assessments; quizzes, study guides, handouts Teacher guided and observed labs	- <i>Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:</i> <ul style="list-style-type: none">• check for understanding• repeated review• peer tutoring	- All content is teacher created. Materials are posted in Blackboard. On Google classroom, or on paper
Food Labels	9.3.5 9.3.6 9.3.7 9.4 14.1.3 14.1.5 14.2.4 11.3.12C	3 Weeks	-Understanding food and nutrition labels -Healthy dietary patterns; Dietary Guidelines, MyPlate, D.A.S.H., Mediterranean, and Vegetarian.	Teacher created assessments; quizzes, study guides, handouts Teacher guided and observed labs	- <i>Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:</i> <ul style="list-style-type: none">• check for understanding• repeated review• peer tutoring	- All content is teacher created. Materials are posted in Blackboard. On Google classroom, or on paper
Energy Balance/Weight Control	11.3.9E 11.3.12D 11.3.12F 11.3.6C	2.5 Weeks	-Calories -Food, Energy and Energy Balance	Teacher created assessments; quizzes, study	- <i>Individualized Education Plan (IEP) for all special education students</i>	- All content is teacher created. Materials are posted in



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	14.2.3 14.1 9.4 9.3.6		-Obesity to underweight -Weight Control: Myths and Realities	guides, handouts Teacher guided and observed labs	<i>must be followed.</i> <i>Examples of accommodations may include, but are not limited to:</i> <ul style="list-style-type: none">• check for understanding• repeated review• peer tutoring	Blackboard. On Google classroom, or on paper
Diet and Activity	9.4 14.2 9.3.2	2.5 Weeks	-Introduce final project activity demonstrating knowledge of overall nutrition and health -Food intake (3 days) -Activity data	Teacher created assessments; quizzes, study guides, handouts Teacher guided and observed labs	<i>-Individualized Education Plan (IEP) for all special education students must be followed.</i> <i>Examples of accommodations may include, but are not limited to:</i> <ul style="list-style-type: none">• check for understanding• repeated review• peer tutoring	- All content is teacher created. Materials are posted in Blackboard. On Google classroom, or on paper
Special Topics	9.3.4 14.1.2 14.2.3 11.3.9C	2 Weeks	-Eating Disorders -Dietary Supplements	Teacher created assessments; quizzes, study guides, handouts	<i>-Individualized Education Plan (IEP) for all special education students must be followed.</i> <i>Examples of accommodations</i>	- All content is teacher created. Materials are posted in Blackboard. On Google classroom, or on paper



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