

**Trinity Area School District
Template for Curriculum Mapping,**

Course: Wellness and Food Grade: 9-12	Overview of Course: This course is for students interested in sports, food, and fitness. The course would be based on the theory or formula that “sound nutrition plus fitness equals wellness”. The nature of the course would investigate hands on and physical as will encourage critical thinking. Some areas to be investigated would include current dietary trends (vegetarianism) personal dietary habits, food myths, various fitness and diet plans and ergogenic aids. Students will prepare foods included in a healthful diet plan.		
Overarching Big Ideas, Enduring Understandings, and Essential Questions (These “spiral” throughout the entire curriculum.)			
Big Idea	Standard(s) Addressed	Enduring Understanding(s)	Essential Question(s)
Safety	11.3.3 F Identify components of a basic recipe, ingredients, recipe directions, and safety techniques. 11.3.6 F Analyze basic food preparation techniques and food-handling procedures. 11.3.9 F Hypothesize the effectiveness of the use of meal management principles (time management, budgetary considerations, sensory appeal, balanced nutrition, safety, sanitation.)	Understand the importance of kitchen safety, knife skills and sanitation. Understand how to use equipment correctly. Understand why using correct food handling techniques and sanitation is necessary. Contamination and unsafe handling of food can impact my health.	Why is it important to be aware of kitchen safety? Why is it important to understand the proper use of knives and kitchen equipment? How do I ensure that my food is safe?
Measuring	11.3.3 F Identify components of a basic recipe, ingredients, recipe directions, and safety techniques. 11.3.6 F Analyze basic food preparation techniques and food-handling procedures. 11.3.9 F Hypothesize the effectiveness of the use of meal management principles (time	Understand that measuring ingredients correctly is important. Proper measuring will achieve accuracy. Understanding different ingredients are measuring in different ways.	Why is measuring ingredients correctly important? Why are there different types of measuring cups and equipment?

	management, budgetary considerations, sensory appeal, balanced nutrition, safety, sanitation.)		
Preparation	11.3.9 F Hypothesize the effectiveness of the use of meal management principles (time management, budgetary considerations, sensory appeal, balanced nutrition, safety, sanitation.)	<p>Understand what needs to be considered when planning a meal.</p> <p>Understand why it is important to be able to plan the steps of the preparation process.</p> <p>Understand how to create a budget to aid in meal management and preparation.</p>	<p>Why do I need to plan out meals?</p> <p>When would meal planning be important to success?</p> <p>How would budgeting affect my meal planning process?</p> <p>Why steps do I need to take in order to correctly plan out meals?</p>
Calorie Intake	<p>11.3.6 D Describe a well-balanced daily menu using the dietary guidelines and my plate.</p> <p>11.3.3 E Define energy yielding nutrients and calories.</p>	<p>Understanding people can control their weight by balancing their calories in and out.</p> <p>Understanding that by eating empty calories I am not gaining any nutrients.</p> <p>Food provides the calories needed for energy.</p> <p>Consuming excess calories will result in weight gain.</p>	<p>How do I know how many calories my body needs?</p> <p>What are empty calories?</p> <p>How can I balance my calories intake?</p>
Wellness	11.3.3 C Explain the importance of eating a varied diet in maintaining health.	<p>Organs in the digestive system all have specific function in releasing the nutrients consumed in food.</p> <p>Advances in technology make it easy for an individual to monitor and analyze their diet</p>	<p>How do I plan a healthful diet for weight loss?</p> <p>How do I know which foods to eat in order to lose weight?</p> <p>What is available to help me monitor my diet?</p>
Labels	11.3.12 C Evaluate the sources of food and nutrition information.	Analyze the factors that affect food choices.	<p>How do labels help me to be able to make better food choices?</p> <p>Do companies have to label their food?</p>

					Enduring Understanding.)		
Week 1-3	Safety and Sanitation	Safety	<p>11.3.3 F Identify components of a basic recipe, ingredients, recipe directions, and safety techniques.</p> <p>11.3.6 F Analyze basic food preparation techniques and food-handling procedures.</p> <p>11.3.9 F Hypothesize the effectiveness of the use of meal management principles (time management, budgetary considerations, sensory appeal, balanced nutrition, safety, sanitation.)</p>	<p>Understand the importance of kitchen safety, knife skills and sanitation.</p> <p>Understand how to use equipment correctly.</p> <p>Understand why using correct food handling techniques and sanitation is necessary.</p> <p>Contamination and unsafe handling of food can impact my health</p>	<p>Why is it important to be aware of kitchen safety?</p> <p>Why is it important to understand the proper use of knives and kitchen equipment?</p> <p>How do I ensure that my food is safe?</p>	Videos and demonstrations showing students visually about how to properly wash hands and use equipment correctly	
Week 3-4	Measuring	Measuring	<p>11.3.3 F Identify components of a basic recipe, ingredients, recipe directions, and safety techniques.</p> <p>11.3.6 F Analyze basic food preparation techniques and food-handling procedures.</p>	<p>Understand that measuring ingredients correctly is important.</p> <p>Proper measuring will achieve accuracy.</p> <p>Understanding different ingredients are measuring in different ways.</p>	<p>Why is measuring ingredients correctly important?</p> <p>Why are there different types of measuring cups and equipment?</p>	Hands on measuring lab to practice measuring different ingredients using, all measuring equipment	Week 7-9

			11.3.9 F Hypothesize the effectiveness of the use of meal management principles (time management, budgetary considerations, sensory appeal, balanced nutrition, safety, sanitation.)				
Week 5-6	Food, Nutrition, and You	Preparation	11.3.9 F Hypothesize the effectiveness of the use of meal management principles (time management, budgetary considerations, sensory appeal, balanced nutrition, safety, sanitation.)	Understand what needs to be considered when making food choice Understand why it is important to be able to plan the steps of the preparation process.	Why is it important to know where our food comes from? What do I need to know about nutrition to maintain a healthy lifestyle?	Video Demonstrations Practice using MyPlate See how food travels from farm to table Decisions on food choices we make can affect our body and lifestyle Diet Analysis	
Week 7-18	Preparation and meal planning	Preparation	11.3.9 F Hypothesize the effectiveness of the use of meal management principles (time management, budgetary considerations, sensory appeal, balanced nutrition, safety, sanitation.)	Understand what needs to be considered when planning a meal. Understand why it is important to be able to plan the steps of the preparation process. Understand how to create a budget to aid in	Why do I need to plan out meals? When would meal planning be important to success? How would budgeting affect my meal planning process?	Superfood meal planning Breakfast Meal Planning Quick Dinner Meal Planning Healthy Snacking Meal Plan Microwave Unit test Quick Breads Unit Test	

				meal management and preparation.	Why steps do I need to take in order to correctly plan out meals?		
Varied	Hands on Foods and fitness labs will vary throughout the semester						

* Some teachers may need to think about the assessments and resources used in order to determine the Big Ideas, Enduring Understandings, and Essential Questions embedded in their courses. At this point in your curriculum mapping, you might want to ignore the “Common Assessments” and “Common Resources Used” columns. However, you may use them if you wish.