

CMS Transition Program- Food & Nutrition

CREDIT HOURS: 1

COURSE NUMBER: Food & Nutrition 4x4	9241AX0001
Food & Nutrition A/B	9241AX0801
Food & Nutrition Lab 4x4	9241AX00L1
Food & Nutrition Lab A/B	9241AX08L1

COURSE TITLE: Food & Nutrition

COURSE DESCRIPTION: Students will acquire knowledge about different foods and the role of nutrition in maintaining a healthy body. The students will develop the skills to compare and contrast healthy and unhealthy food choices and to develop a shopping list. The students will increase their ability to plan and prepare meals and follow recipes. Students will apply their knowledge when ordering food at a restaurant.

COURSE RATIONALE: In order to maintain their health and gain independence in self-care, students need to have working knowledge of healthy food choices. Students need to have the skills to plan meal options, obtain food from various sources, and safely prepare and store food.

COURSE OBJECTIVES:

- Understand how different foods and nutrients are used by the body
- Identify healthy food choices and eating habits
- Plan ahead for meals
- Identify places to obtain food
- Demonstrate safe food handling practices
- Develop the ability to follow a recipe

INSTRUCTIONAL METHODS: This course will include a combination of direct teaching, learning activities, and field experience.

ILLUSTRATIVE METHODS FOR EVALUATING STUDENT PERFORMANCE: Students will participate in lessons, activities and field experience based on their ability. Each student has their own Transportation Student Workbook and can be evaluated through their participation and experience. Participation and work completion will vary by student.

GRADING SCALE:

A- Responds independently, requires little to no prompting, exhibits extraordinary effort, making steady progress on IEP goals and classroom tasks.

B- Requires prompting and reminders, needs repeated opportunities, making steady progress on IEP goals and classroom tasks.

C- Requires ongoing support to gain answers, needs multiple opportunities over a number of days, making variable progress on IEP goals and classroom tasks.

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COURSE RULES:

1. Attend class on a regular basis
2. Be attentive to your instructor and peers
3. Be an active participant
4. Complete assignments on time

DIVERSITY: Everyone is expected to be respectful of others. Diversity in all areas (including differences of opinion) will be honored during class and class discussions.

ENRICHMENT: Parents and community workers are encouraged to further practice skills with students in the home and in community settings to enhance overall student learning.

COURSE CALENDAR:

Week	Topic	Key Points	Assignments
1	Nutrition/Body 1	<ul style="list-style-type: none"> ● Body made of different, interconnected systems ● Each body system uses energy in different ways to maintain life ● The body systems help people maintain homeostasis 	<ul style="list-style-type: none"> ● Activity 1.1.1- Applied Vocabulary Definitions and Matching ● Activity 1.1.2- Applied Vocabulary Test ● Activity 1.1.3- Human Body Systems Organ Matching
2	Nutrition/Body 2	<ul style="list-style-type: none"> ● Body made of different, interconnected systems ● Each body system uses energy in different ways to maintain life ● The body systems help people maintain homeostasis 	<ul style="list-style-type: none"> ● Activity 2.1.1- Human Body Systems Quiz ● Activity 2.1.2- Exercise Data Sheet ● Activity 2.1.3- Stations
3	Nutrition/Body 3	<ul style="list-style-type: none"> ● Body made of different, interconnected systems ● The process of digestion includes many organs that work together to bring nutrients to the ● body. ● The body systems help people maintain homeostasis (excretion) 	<ul style="list-style-type: none"> ● Activity 3.1.1- Vocabulary Application ● Activity 3.1.2- Digestive and Urinary Systems Test ● Activity 3.1.3- Digestive and Urinary System Vocabulary Quiz

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4	Nutrition/Body 4	<ul style="list-style-type: none"> ● Body systems require food to create energy ● Our body systems need different types of nutrients ● Different types of foods provide different types of nutrients 	<ul style="list-style-type: none"> ● Activity 4.1.1- Applied Vocabulary ● Activity 4.1.2A- What is a Calorie Story ● Activity 4.1.2B- What is a Calorie Experiment ● Activity 4.1.3A- Calorie Usage Chart ● Activity 4.1.3B- How Do I Burn Calories ● Activity 4.1.3C- Daily Activity Journal
5	My Plate 1	<ul style="list-style-type: none"> ● My Plate is a guideline for a balanced diet ● A balanced diet is made of different food sources ● Food labels can help determine if a food is part of a balanced diet 	<ul style="list-style-type: none"> ● Activity 5.1.1- Applied Vocabulary Definitions and Matching ● Activity 5.1.2- Vocabulary Multiple Choice ● Activity 5.1.3A- Different Diet WebQuest Notes ● Activity 5.1.3B- Different Diet WebQuest Questions
6	My Plate 2	<ul style="list-style-type: none"> ● My Plate is a guideline for a balanced diet ● A balanced diet is made of different food sources ● Food labels can help determine if a food is part of a balanced diet 	<ul style="list-style-type: none"> ● Activity 6.1.1- Nutrition Label Worksheet ● Activity 6.1.2- Meal Analysis ● Activity 6.1.3- Grocery Scavenger Hunt
7	Healthy/Unhealthy 1	<ul style="list-style-type: none"> ● People need healthy foods to keep their bodies working properly ● Unhealthy foods are okay sometimes 	<ul style="list-style-type: none"> ● Activity 7.1.1- Vocabulary Applied ● Activity 7.2.1 - Exploring a Nutrition Label ● Activity 7.2.2 - Understanding Nutrition Labels
8	Healthy/Unhealthy 2	<ul style="list-style-type: none"> ● People need healthy foods to keep their bodies working properly ● Unhealthy foods are okay sometimes ● Allergies or dietary sensitivities can make a 	<ul style="list-style-type: none"> ● Activity 8.2.1A- Go Slow and Whoa Signs ● Activity 8.2.1B- Food Sort Pictures ● Activity 8.2.2A- My Lunch: Go, Slow, or Whoa directions ● Activity 8.2.2B- My Lunch: Go, Slow, or Whoa chart

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		healthy food become an unhealthy food	<ul style="list-style-type: none"> ● Activity 8.2.2C- My Lunch: Go, Slow or Whoa questions ● Activity 8.3.1- Food Allergy and Sensitivity Quiz
9	Meal Planning	<ul style="list-style-type: none"> ● My Plate is a guideline for a balanced diet ● A balanced diet is made of different food sources ● A meal plan can help you plan a balanced diet ● A meal plan can be used to create a shopping list ● A recipe is a part of a meal plan 	<ul style="list-style-type: none"> ● Activity 9.1.1A- Applied Vocabulary ● Activity 9.1.1B- Vocabulary Quiz ● Activity 9.1.2A- Sample Menus ● Activity 9.1.2B- Recipe Analysis ● Activity 9.1.3- Planning a Meal
10	Grocery Budget	<ul style="list-style-type: none"> ● You need to make a budget when planning for grocery shopping ● Comparing prices of items can help you stay in budget 	<ul style="list-style-type: none"> ● Activity 10.1.1- Vocabulary Applied ● Activity 10.2.1 Which Item is Cheaper ● Activity 10.2.2- Which item is Cheaper part 2
11	Online Shopping	<ul style="list-style-type: none"> ● Shopping for groceries can be done online, but there are rules to follow ● Comparing prices of items online can help you stay in budget ● You must choose to pick up or have groceries delivered when shopping online 	<ul style="list-style-type: none"> ● Activity 11.1.1- Vocabulary Applied ● Activity 11.2.1- Internet Safety Quiz ● Activity 11.2.2- Online Shopping
12	Recipe Math		
13	store shopping- pick a recipe, shopping list, store		
14	cooking- make a meal		
15	How Much Sugar	<ul style="list-style-type: none"> ● Identify important information on Nutrition Facts labels ● Measure sugar amounts using Information on Nutrition Facts labels on selected beverages 	<ul style="list-style-type: none"> ● Activity 15.1.1- Beverage Chart ● Activity 15.1.2- Sugar Measurement ● Activity 15.1.3- Charting the Sugar in Beverages
16	Rethink your Drink	<ul style="list-style-type: none"> ● Water is a healthy drinking choice and has positive 	<ul style="list-style-type: none"> ● Activity 16.1.1- Water Keeps you Healthy

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		<p>impacts on how the body functions.</p> <ul style="list-style-type: none"> Water can be healthier as Spa Water (Infused Water) 	<ul style="list-style-type: none"> Activity 16.1.2- Spa Water Recipe Activity 16.1.2A, B, or C- Recipe Idea Cards Activity 16.1.3- Water Bottle Label
17	Ready to Host	<ul style="list-style-type: none"> Choosing a healthy meal to make and share with others Creating a shopping list from a recipe Choosing and inviting someone to share a meal with 	<ul style="list-style-type: none"> Activity 17.1.1- Making Supply List Activity 17.1.2- My Shopping List Activity 17.1.3- Hosting Invitation
18	Hosting	<ul style="list-style-type: none"> Following a recipe to prepare a meal Setting the table for the meal What it means to be a host 	<ul style="list-style-type: none"> Activity 18.1.1- Recipe Activity 18.1.2- Place Setting Activity 18.1.3- Hosting a Meal

ORIGINAL SYLLABUS:

Week	Topic	Key Points	Assignments
1	Nutrition/Body 1		
2	Nutrition/Body 2		
3	My Plate		
4	Healthy/Unhealthy		
5	Planning		
6	Online Shopping		
7	Physical Shopping		
8	Coupon Math		
9	Storage- Canned vs Frozen		
10	Safe Food Handling-Fresh Foods		
11	Spoilage		
12	Expiration Dates		
13	Kitchen Utensils		
14	Recipe Math		
15	Recipe Math-applied		

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16	Restaurant Ordering/Menu Reading Physical		
17	Restaurant Ordering/Menu Reading Online		
18	Hosting-Cooking for Friends		