

Food and Nutrition 1st 6-Weeks Lesson Plans

Plans for August 26/27, 2013

Warm-up: Student Information Sheet

Procedures: 1) Welcome

- 2) Syllabus & Class Guidelines - Due next class
- 3) FCS Tools & Equipment Form - Due next class
- 4) Lunches
- 5) PowerPoint - Intro to Chapter 1
- 6) Commit & Toss Activity/Would You Rather.....

Plans for August 28/29, 2013

Warm-up: Lifestyle Assessment

Procedures: 1) Return all signed forms

- 2) A2-AUP Video
A4-Discipline Guidelines & Searches
B4-Academic Integrity Policy
- 3) Lecture: Chapter 1 - Food Affects Life - pg 4 - 10
PowerPoint - What the World Eats
- 4) Video: Start Your Habit Today: Inspired Wellness
- 5) Worksheets: Your Food Habits - Due at the end of class
Regional Foods Pre-Test - Due at the end of class

Plans for August 30/September 3, 2013

Warm-up: List what you have eaten the past 24 hours. Why did you eat those things?

Procedures: 1) Lecture: Conclude Chapter 1 - Food Affects Life - pg 11 - 21

- 2) Video: Christina Applegate's Cancer Diagnosis - 8 minutes
ABCnews.go.com
Angelina Jolie Takes Action Against Cancer Risk (4:24)
YouTube.com
- 3) Discussion: Family Health Tree
- 4) Worksheets: Advertising Analysis - Due at the end of class

Plans for September 4/5, 2013 – (5th – WILDCAT #1)

Warm-up: The Food Supply

Procedures: 1) Discuss- The Food Supply warm-up

- 2) Worksheet: Chapter 1 Study Sheet - Due at the end of class
Choices in Context - Due at the end of class
- 3) Video: Can Eating Insects Save the World? - YouTube.com –(59:00)
- 4) **Chapter 1 Test - Next Class!!**

Plans for September 6/9, 2013

- Procedures:** 1) Review for Chapter 1 Test
2) **Chapter 1 Test**
3) Lecture: Begin Chapter 9 Utensils - pg 180 - 193

Plans for September 10/11, 2013

Warm-up: What's Cooking?

- Procedures:** 1) PP of Utensils & Demonstration: Functions of less common kitchen utensils.
2) Worksheet: Small Equipment Identification - Due at the end of class

Plans for September 12/13, 2013

Warm-up: Equipping Your Kitchen

- Procedures:** 1) Lecture: Conclude Chapter 9 - Kitchen Utensils
2) Kitchen Utensils BINGO
3) Worksheet: Equipment Review - pg 56

Plans for September 16/17, 2013

Warm-up: Utensils in Action

- Procedures:** 1) Utensils Pictionary
2) PowerPoint: Utensils
3) Worksheet: Chapter 9 Study Sheet - pg 150
4) **Chapter 9 Test - Next Class**

Plans for September 18/19, 2013 – (18th ZONE)

- Procedures:** 1) Review for Chapter 9 Test
2) **Chapter 9 Test**
3) Video Clips: Bacteria on Lemons
Rats at Taco Bell
4) City of Denton Restaurant Scores

Plans for September 20/23, 2013

Warm-up: Measuring Techniques

- Procedures:** 1) Newspaper Article: Simple Measures Make Food Safer
2) Begin Chapter 6 – Safeguarding Health
3) Video: YouTube – A Bathroom Story: Handwashing – 3:21
Deadliest Outbreak in 25 yrs – Youtube.com
4) Activity: Glo Germ Handwashing

Plans for September 24/25, 2013

- Warm-up:** A Not So Safe Supper
S5- PowerPoint Slide-How to protect yourself

- Procedures:** 1) Lecture: Complete Chapter 6 – Safeguarding Health
2) Videos: Mythbusters 5 Second Rule – Discovery Channel
Grease Fire
A Valentine for Niles – (6 min.) YouTube.com
Mrs. Doubtfire-Heimlich Manouever – YouTube.com
3) PowerPoint – 5 Second Rule
4) Worksheets: Temperature Control – Due at the end of class

Plans for September 26/27, 2013

This is the end of the first 6-weeks!! All assignments are due.

Warm-up: Food At Home and On the Go

- Procedures:** 1) Handout: Serving Up Food Safety
2) Video: Oil Fires & Kitchen Safety :59 – Discovery Education
Choking and the Heimlich Maneuver :2:14 – Discovery Education
Food Safety & Sanitation w/quiz – 30 min.
3) Worksheet: Chapter 6 Study Sheet – Due at the end of class
4) Food Safety BINGO
5) **Chapter 6 Test – Next Class**