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 Manouver – 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