

**Home Living / Daily Living
Learning Continuum
Nutrition Curriculum**

<u>Learning Areas</u>	<u>Emerging</u>	<u>Developing</u>	<u>Mastery</u>
Literacy	<ul style="list-style-type: none"> • Read a recipe • Label a food pyramid • Identify ingredients on a food label • Identify items that contain caffeine • Read and list vitamins/minerals • Read a food label • Define nutrition • Define calories • Create a food pyramid • Make a poster of healthy vs. unhealthy foods 	<ul style="list-style-type: none"> • Identify the 6 food groups in the food pyramid • Read a recipe and identify the foods and to what food group they belong • Play food pyramid games • Complete nutrition words puzzle • Complete nutrition words word search 	<ul style="list-style-type: none"> • Place foods into the food pyramid • Determine nutritional value of a recipe and/or on a food label • Identify nutrients and minerals • Change fat snacks to low fat snacks • Label a food pyramid • Identify items that contain caffeine • Identify the 6 food groups in the food pyramid • Use a newspaper and make a breakfast, lunch and dinner menu • Make a menu book • Create a restaurant menu (healthy) • Review menus from local restaurants and identify health foods
Communication	<ul style="list-style-type: none"> • Describe caffeine products • Make a list of low fat snacks • Make a list of favorite foods • Make a grocery list 	<ul style="list-style-type: none"> • Explain the purpose of the food pyramid • Compare and contrast healthy vs. unhealthy meals • Make a list of pros/cons of caffeine • Place favorite foods into the 	<ul style="list-style-type: none"> • Give a speech about the value of good nutrition • Create a nutritious daily menu • Write a grocery list from a recipe • Classify food words into the

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	<ul style="list-style-type: none"> List 6 groups that make up the food pyramid Identify snack foods List foods parents make List foods students eat in restaurants Identify healthy foods Compare favorite food lists of classmates 	<p style="text-align: center;">food pyramid</p> <ul style="list-style-type: none"> Define and give an example of each food group Convert a grocery list into a healthy list Look for pictures of vegetables and find nutritional value Identify the number of servings needed in each food group Identify safe/unsafe ingestion 	<p style="text-align: center;">food pyramid</p> <ul style="list-style-type: none"> Make a list of low fat snacks Make a list of favorite foods Write a grocery list List 6 groups that make up the food pyramid Explain the purpose of the food pyramid Convert a grocery list into a healthy list Make a chart of vitamins Make a chart of minerals Classify foods by vitamins and minerals Compare classmates' food logs Determine nutritional value of personal food log Identify healthy foods Look for pictures of vegetables and find nutritional value Identify the number of servings needed in each food group Identify safe/unsafe ingestion
Math& Science	<ul style="list-style-type: none"> Classify food groups Identify calories in a pound 	<ul style="list-style-type: none"> Count how many servings in a daily diet in each food group 	<ul style="list-style-type: none"> Classify ingredients according to the food pyramid

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	<ul style="list-style-type: none"> • Create a beverage • Make a cup of caffeinated coffee • Make a cup of decaffeinated coffee • Identify spoiled vs. fresh foods • Make a healthy snack • Taste three new healthy foods • Make a list of groceries in cupboard at home • Chart classmates' favorite food lists 	<ul style="list-style-type: none"> • Count the calories in a meal • Convert an unhealthy menu to a healthy menu • Chart the caloric intake of ideal weights for children, men and women • Build a grocery store with empty food containers and identify nutritional value • Identify spoiled vs. fresh foods • Determine weight by caloric intake from one day's meals • Compare lists from home foods 	<ul style="list-style-type: none"> • Compare and contrast fast food menus to sit-down restaurants • Keep a weekly calorie log • Count how many servings in a daily diet in each food group • Place Mr. Yuk stickers on appropriate items • Identify spoiled vs. fresh foods • Taste three new healthy foods • Convert an unhealthy menu to a healthy menu • Build a grocery store with empty food containers and identify nutritional value • Using the weight chart calculate various weights for different people
Social Studies	<ul style="list-style-type: none"> • Learn 10 food words in Spanish • Using Spanish words, place foods in the correct areas in the food pyramid 	<ul style="list-style-type: none"> • Using Spanish words, place foods in the correct areas in the food pyramid 	<ul style="list-style-type: none"> • Interview someone who cooks ethnic foods and determine food placement and nutritional value • Order a meal in Spanish at a Mexican restaurant that has high nutritional value • Learn 10 food words in Spanish
Physical Education and	<ul style="list-style-type: none"> • Accept a healthy food choice 	<ul style="list-style-type: none"> • Make a list of healthy vs. unhealthy snacks 	<ul style="list-style-type: none"> • Compare and contrast a healthy and unhealthy food

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Recreation/ Leisure			choice
Personal Resource Management	<ul style="list-style-type: none"> • Compare McDonalds menu to Burger King menu for different foods • List what is required for a healthy body 	<ul style="list-style-type: none"> • Compare the nutrition information between food items on a McDonalds menu to a Burger King menu • Keep a food log for one week of food intake • Identify disease caused by too much fat in the diet 	<ul style="list-style-type: none"> • Determine the caloric intake between foods on a McDonalds menu versus Burger King menu • Compare what an unhealthy body is to a healthy body