



Nutrition and Wellness

8228

**Luray and Page County High School Family and Consumer Sciences
Pacing Guide 2011-12**

Time Frame	SOL Objective/ Competency	Essential Understandings/Questions	Essential Knowledge/Skills
1st Quarter (First 4½ Weeks)	030	<i>Addressing Elements of Student Life</i>	Identify the purposes and goals of the student organization
	031		Explain the benefits and responsibilities of membership in the student organization as a student and in professional/civic organizations as an adult
	032		Demonstrate leadership skills through participation in student organization activities, such as meetings, programs, and projects.
	033		Identify internet safety issues and procedures for complying with acceptable use standards.
	039	<i>Making Choices That Promote Wellness and Good Health</i>	Analyze factors that contribute to wellness
	040		Analyze effects of lifestyle choices on self and others
	041		Implement physical fitness strategies for a healthy lifestyle
	042		Identify factors that cause stress and strategies to manage stress
	043		Analyze factors that affect emotional well being
	044		Implement a personal plan that promotes wellness
	045	<i>Analyzing Relationships between Food Choices and Wellness</i>	Identify effects of nutrients on the body
	046		Evaluate sources of nutrition information
	047		Compare nutrition needs throughout the life cycle

	048		Identify eating patterns and their effect on wellness
	049		Identify factors to consider concerning healthy body weights
	050		Evaluate relationships among food choices, eating patterns, physical activity, body weight, and health concerns.
	056	<i>Evaluating Relationships Between Psychological and Social Needs and Food Choices</i>	Analyze psychological and social factors affecting food choices
	057		Analyze the impact of the media on food choices
	058		Describe the relationship between food choices and cultural, ethnic, and family traditions and values.
	059		Describe how peer pressure influences food choices.
	060		Examine the impact of eating disorders on wellness
	061		Identify symptoms of eating disorders
	072	<i>Maintaining Safe and Sanitary Food Preparation Standards</i>	Explain conditions that promote the growth of bacteria
	073		Demonstrate safe food preparation practices
	082	<i>Selecting and using Equipment for Food Preparation</i>	Develop criteria for selecting kitchen equipment
	083		Analyze influences on kitchen equipment selection
	084		Compare kitchen equipment with respect to cost, time utilization, safety, storage, maintenance, and environmental concerns
	085		Select, use, clean, and maintain food preparation utensils

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2nd Quarter (Second 4½ Weeks)	066	<i>Obtaining and Storing Food for Self and Family</i>	Evaluate the influence of advertising on food purchases
	067		Use package label information to select nutritious food products
	068		Develop strategies to comparison shop for food
	069		Analyze impact of advances in food technology and science on products available to consumers
	070		Identify strategies for conserving environmental resources with regard to food purchases, storage, and disposal
	071		Develop a budget for purchasing food
	074	<i>Preparing and Serving Nutritious Meals and Snacks</i>	Evaluate resources for food-preparation information
	075		Apply basic food science principles to food preparation
	076		Evaluate recipes for nutritional value and preparation process

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3rd Quarter (Third 4½ Weeks)	075	<i>Preparing and Serving Nutritious Meals and Snacks</i>	Apply basic food science principles to food preparation
	077		Modify recipes to meet dietary needs
	078		Apply time-management principles when planning, preparing, and serving food
	079		Manage design and organization of kitchen work space to facilitate food preparation
	080		Analyze effects of occupational, social, and cultural influences on preparing and serving meals
	081		Develop strategies to involve family members in food preparation, serving, and cleanup to foster positive family interaction
	062	<i>Choosing Foods That Promote Wellness</i>	Apply nutrition standards to meet nutrition needs when planning menus
	063		Analyze menus and/or recipes for nutrition needs of family members
	064		Select nutritious foods when eating away from home
	065		Involve family members in menu planning
	034	<i>Balancing Work and Family</i>	Analyze the meaning of work and the meaning of family
	035		Compare how families affect work life and how work life affects families
	036		Identify management strategies for balancing work and family roles
	037		Apply problem solving processes to individual and family problems
	038		Relate to others in positive, caring ways.

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4th Quarter (Last 4½ Weeks)	051	<i>Analyzing Strategies To Promote Optimal Nutrition and Wellness of Society</i>	Analyze community and national issues related to nutrition and wellness
	052		Identify community resources and services for nutrition and wellness
	053		Describe the impact of food choices on environment and the global community
	054		Analyze effects of government policies and regulations on nutrition and wellness of self, family, and society
	055		Explore career pathways in the field of food, nutrition, and wellness
	001-029	<i>Workplace Readiness Skills</i>	Demonstrate VA Workplace Readiness Skills in course activities Apply VA's All Aspects of Industry elements in course activities Identify Internet safety issues and procedures for complying with acceptable use standards
		<i>Test Prep and End Of Course Test</i>	