

Home & Careers – Grade 7₁

Month	Content	Skills	Assessment	Essential Questions
January	<ul style="list-style-type: none"> • Nutrition wellness • Decision making 	<ul style="list-style-type: none"> • Identify the major nutrients and how the body uses these nutrients. • Identify each section of the food guide pyramid and the recommended servings for each age group. • Identify the nutrients found in each food group. • Identify ways to improve food choices. • List the recommended nutrients needed for proper health. • List the correct portion size & servings needed for one's health. • Identify ways to improve food choices. • Analyze factors that influence nutrition and wellness practices across one's life span. 	<ul style="list-style-type: none"> • PowerPoint presentation – worksheet • nutrition match-up • puzzling over nutrients • draw a food guide pyramid • oral questioning • game: Nutrition Toss • game: Tic Tac Toe Nutrition • game: Nutrition Bingo • What is a healthy lifestyle? <ul style="list-style-type: none"> - reflection - journaling • oral questioning • movie – <i>Food, Health & Exercise</i> 	<ul style="list-style-type: none"> • Why do we need food? • What influences your food choices?

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Month	Content	Skills	Assessment	Essential Questions
February	<ul style="list-style-type: none"> • Nutrition Wellness (cont.) • Decision Making (cont.) 	<ul style="list-style-type: none"> • Calculate calorie burning for one's weight and activity. • Calculate the percentages of carbohydrates, proteins, and fats from one's calorie intake. • Understand how the relationship between foods and glucose levels effects one's health. • Compare the nutritive value of various snacks. 	<ul style="list-style-type: none"> • equivalents • PowerPoint presentation – <i>The Glycemic Index/WK</i> • Reading a food label 	<ul style="list-style-type: none"> • What are some consequences of a poor nutritional diet?
Jan./Feb.	Food Safety	<ul style="list-style-type: none"> • Identify food borne illnesses and ways to avoid spreading germs and cross contamination. • Identify personal hygiene practices. • Identify proper food storage procedures. 	<ul style="list-style-type: none"> • food safety PowerPoint presentation/wk • Elmo display – facts on personal cleanliness • class discussion • Identify kitchen safety hazards. • food, kitchen, and safety puzzle • games: Germ Wars and Kitchen Safety 	What rule does food safety play in one's health?

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Month	Content	Skills	Assessment	Essential Questions
February	<ul style="list-style-type: none"> Food Preparation Skills 	<ul style="list-style-type: none"> Identify kitchen tools & their functions. Demonstrate knowledge of basic cooking terms. Use food preparation skills to prepare nutritious foods. Identify how ingredients work together in food preparation. 	<ul style="list-style-type: none"> Identification Tool Game worksheet demonstration - measuring Analyze a recipe. food labs oral questioning teacher evaluation worksheet 	<ul style="list-style-type: none"> How can I become more skilled in preparing foods? Why is it important to learn how to prepare foods properly?
	<ul style="list-style-type: none"> Consumer Management Skills 	<ul style="list-style-type: none"> Adjust recipes for number of people served. Demonstrate the ability to work together as a team. 	<ul style="list-style-type: none"> food labs teacher observation 	<ul style="list-style-type: none"> What are the benefits from working together in a group? How does team work impact one's life?