

Food and Nutrition

Course Description

Food and Nutrition is a course designed to provide students with the basic knowledge needed to successfully cook in the home for individuals and families. They will also develop a general knowledge of nutrition and its relationship to a healthy lifestyle.

Month	NE State Standard/Benchmark (all standards and "sub-standards"/indicators must be accounted for) Bold all standards assessed on NeSA	Learning Activities The following are activities that are used throughout the course	Evaluation Techniques	Resources (Specific textbook chapters, website, videos, activities, novels, etc.)	Ne Academic Standards (non-core areas)
Quarter 3	FN1 – SW analyze factors that influence nutrition and wellness practices FN1.2 FN2 – SW evaluate the nutritional needs of individuals and families in relation to health & wellness FN 2.1 FN 2.2 FN3 – Food Safety FN3.1 FN3.2 FN3.4	Bell ringers Marker Boards Lecture/Notes Technology projects Class discussion Games Reading Reflections Study Guides Workbook Activities Clock Partners Flashcards (electronic) Power Points	Quizzes; chapter tests; observation; Presentations Foods Labs and experiments WHAT Sheets	Textbook – Food For Today Student Workbook Utah Family Consumer Science Website NE Family Consumer Science Website Apps – iPod and iPad ex. Fitness Pal Various websites	
Quarter 4	FN5 – Food & Nutrition management principles and practices FN5.1	Bell ringers Marker Boards Lecture/Notes Technology projects	Quizzes; chapter tests; observation; Presentations	Textbook – Food For Today Student Workbook Utah Family Consumer Science Website NE Family Consumer Science Website	

	FN5.2 FN5.3 FN5.4 FN6 – Food Assessment FN6.1 FN7 – Food Preparation Methods & Techniques FN7.1	Class discussion Games Reading Reflections Study Guides Workbook Activities Clock Partners Flashcards (electronic) Power Points	Foods Labs and experiments WHAT Sheets	Apps – iPod and iPad ex. Recipe Finder Various websites	
Oct.					
Nov.					
Dec.					
Jan.					
Feb.					
Mar.					
Apr.					
May					

Child Development

Course Description

Child Development is an elective course that prepares students to understand the physical, social, emotional, and intellectual growth and development of children. The course is designed to help young people acquire knowledge and skills essential to the care and guidance of children as a parent or caregiver. Emphasis is on helping students create an environment for children that will promote optimum development. Experiences such as observations, simulations and interaction with children may be included if opportunities are available.

Month	NE State Standard/Benchmark (all standards and "sub-standards"/indicators must be accounted for) Bold all standards assessed on NeSA	Learning Activities Use the listed activities throughout the semester	Evaluation Techniques	Resources (Specific textbook chapters, website, videos, activities, novels, etc.)	Ne Academic Standards (non-core areas)
Quarter 1	Intro to Child Dev.- Benefits of studying children CD5.1.5 CD4.3.2 CD4.6 CD4.6.2 CD2.1 Standard 2 – Analyze conditions that influence human growth and dev. CD2.1.2 – Prenatal Dev.	Bell ringers Marker Boards Lecture/Notes Technology projects Class discussion Games Reading Reflections Study Guides Workbook Activities Clock Partners Flashcards (electronic) Pregnancy Simulator	Pretests Quizzes; chapter test; observation; Presentations Online review quizzes WHAT Sheets,	The Developing Child -- Chapter 1,5,6 & 7 Corresponding Study Guides and worksheets; Videos, web sites- babycenter.com; technology tools such as Voki's, Animoto etc.	

	<p>CD2.2 CD2.3 CD3.1.3 CD2.1.2 - Pregnancy CD2.2.2 C2.3.1 – Labor & Delivery CD2.3.2 CD 2.3.3</p>	<p>Hospital Field Trip</p>	<p>Pretests Quizzes; chapter tests; observation; Presentations Online review quizzes WHAT Sheets,</p>	<p>Text Book - The Developing Child – Corresponding Study Guides and worksheets; Videos, web sites- babycenter.com; technology tools such as Voki's, Animoto etc. Utah Family Consumer Science Web site</p>	
<p>Quarter 2</p>	<p>Standard 4 – Analyze principles of human growth & development throughout childhood Characteristics & care of newborns Birth to 1 year CD 4.1 – Physical Dev CD4.1.1 CD4.1.3 CD4.4 – Emotional Dev. CD4.2 – Social Dev. CD4.2.3 CD4.3 – Intellectual Dev. Toddlers CD 4.1 CD4.1.1 CD4.4 CD 4.2 CD4.2.2 CD4.3 Preschool Age CD4.1 CD4.1.1 CD4.4 CD4.4.1</p>	<p>Bellringers Marker Boards Lecture/Notes Technology projects Class discussion Games Reading Reflections Study Guides Workbook Activities Clock Partners Flashcards (electronic) Interviews Real Care Baby Project Labs – Baby day, Toddler Day and Preschool</p>			

CD4.2
CD 4.2.1
CD4.2.2
CD4.3
CD5.2.1
CD5.2.2