CONSUMER SCIENCE
CURRICULUM MAP
NUTRITION & WELLNESS

Week 1-2	Weeks 3-4	Weeks 5-6	Weeks 7-10	Weeks 11-13	Weeks 14-18
CM1 1. Apply knowledge to predict food related health concerns. 2. Use information to make health and food choices. **Technology** Use computers to research health concerns and food choices. 10-1. Examine information for its accuracy and relevance to an information need (e.g., for a report, find information from sources that have current and correct information related to the topic). **Credit – 0.5** **Prerequisites – None** **Single Block** **One Semester**	CM 2-3 1. Compare food choices and psychological needs to wellness. 2. Identify social needs to food choices 3. Identify the effect of media on food choices. 4. Use information for planning food choices. 5. Use knowledge to evaluate own and family eating patterns to check on wellness	CM 4 1. Apply nutrition information to plan healthy meals. 2. Evaluate relationships between food choices, eating patterns, physical activity and maintain healthy body weight. 3. Compare calories burned in different activities. 4. Obtain a healthy weight through behavior modification. **Math Skills** In counting calories, use fractions to get percent of each nutrient needed daily. **Life Sciences** 10-9. Describe how matter cycles and energy flows through different levels of organization in living systems and between living systems and the physical environment. Explain how some energy is stored and much is dissipated into the environment as thermal energy (e.g., food webs and energy pyramids. 10.11. Explain that living organisms use matter and energy to synthesize a variety of organic molecules (e.g., proteins, carbohydrates, lipids and nucleic acids) and to drive life processes (e.g., growth, reacting to the environment, reproduction and movement). 11-2. Recognize that chemical bonds of food molecules contain energy. Energy is released when the bonds of food molecules are broken and new compounds with lower energy bonds are formed. Some of this energy is released as thermal energy.	CM5 1. Obtain and store food properly and safely. 2. Compare food shopping. 3. Develop a food budget. 4. Explain and use package label information CM7 1. Select and use equipment safely. 2.Apply appropriate techniques, tools, and formulas to measurement. **Math Skills** Unit pricing Food pricing Budget **Measurement** 7-4. Solve problems involving proportional relationships and scale factors; e.g., scale models that require unit conversions within the same measurement system. 8-1. Compare and order the relative size of common U.S. customary units and metric units; e.g., mile and kilometer, gallon and liter, pound and kilogram.	CM 6 1. Prepare and serve health food. 2. Evaluate cookbooks, and other sources including a computer for food preparation. 3.Modify recipes to meet dietary needs. 4. Manage time and prepare foods from basic food groups. **Math Skills** Use math skills for measuring amounts in recipes to increase or decrease portions. Use fractions for liquid and dry materials using measuring cups and spoons. **Measurement** 8-3. Use appropriate levels of precision when calculating with measurements. 9-5. Solve problems involving unit conversion for food preparation situations. 10-1. Explain how a small error in measurement may lead to a large error in calculated results. 11-5. Solve real-world problems involving various measuring tools.	CM 6 5. Continue preparation and serving health foods. CM 8 1. Identify foods from other countries and study their culture relating to foods. (Relates to Social Studies Standard "People in Societies") 2. Identify food borne illnesses and how to prevent them. **11/17/05**