

Everything you need to teach lifelong nutrition and food preparation skills

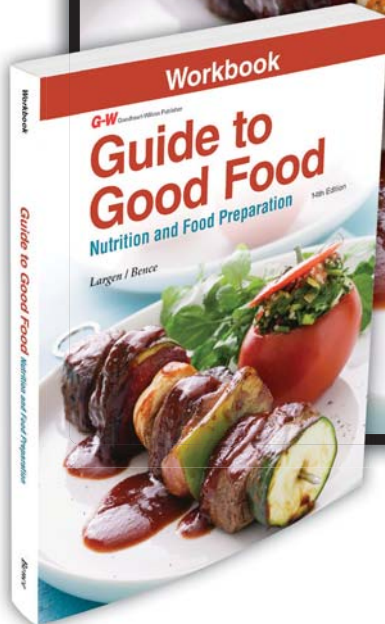
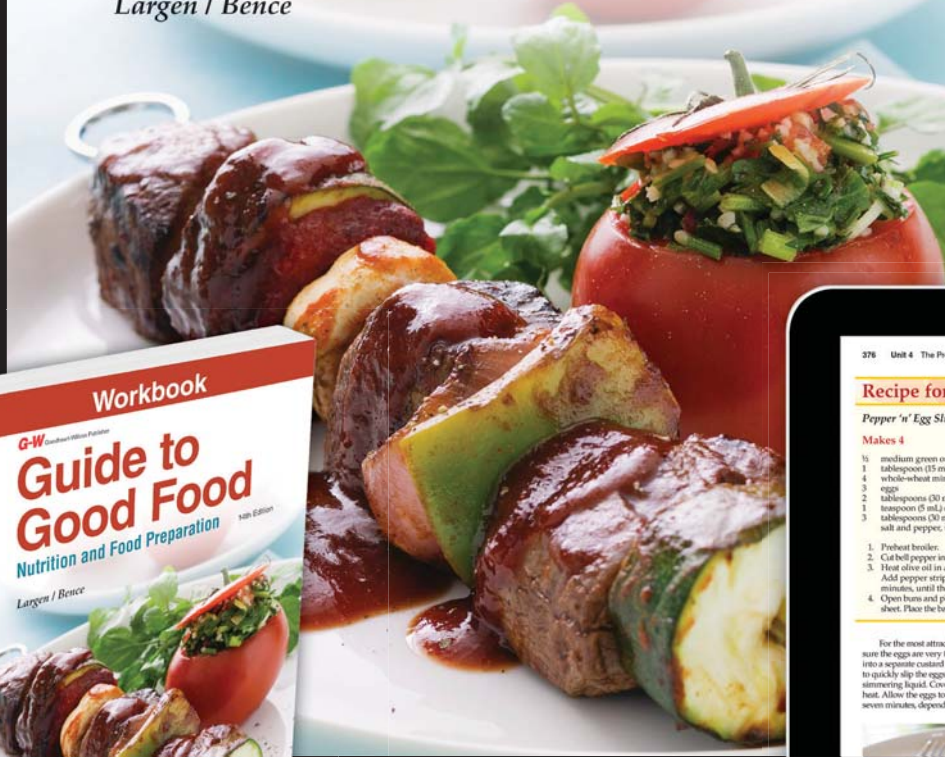
Instructor's Edition

G-W Goodheart-Willcox Publisher

Guide to Good Food

Nutrition and Food Preparation 14th Edition

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Lesson Plans

ExamView®

Companion Website

Workbook

PowerPoint®



Goodheart-Willcox
Experts in Career and Technical Education

Save time with extensive Instructor Resources

Lesson Plans

Outstanding teacher Michelle Lancaster has developed detailed lesson plans and creative activities to accompany the textbook. There's no need to spend days recreating your course—Michelle has done it for you.

Reproducible Master A




Chapter 5

Healthy vs. Unhealthy Snack Food Choices

Name _____ Date _____ Period _____

Help your peers make better snack food choices. Calories consumed from snacks have doubled in the past 40 years, making it even more important that snacks are providing nutrients rather than simply empty calories. Working in small teams, you will research and design a pamphlet or infographic about portable snack foods that are geared toward busy teenagers on the go. The project should address at least the following points—and be creative!

- attributes of healthy versus unhealthy snacks
- snack choices that fit into the typical teenager's daily life
- tips for incorporating healthy snacks into a teen's lifestyle
- nutritive contents of a variety of healthy and unhealthy snacks (minimum of five); include the name of each snack and serving size
- images of snacks and/or graphic representation of comparison
- your analysis of the five snacks identifying which is the healthier option and why

Guide to Good Food Instructor's Resources Chapter 5: Preparing Simple Recipes
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Reproducible Master E

Chapter 5

Create a Healthier Pizza ()

Name _____ Date _____

Prepare the following recipe and answer the questions that follow.

Day One

Cauliflower-Crust Pizza

- 1 head of cauliflower, remove leaves and stalk 1/2 tsp. oil
- 1/2 c. mozzarella, shredded 1/2 tsp. salt
- 1/2 c. Parmesan cheese, grated 2 eggs
- 1/4 tsp. garlic powder

1. Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
2. Remove the stalk from the cauliflower and break the cauliflower into florets until the cauliflower acquires the texture of rice.
3. Place approximately one inch of water in the bottom of a large pot and cover. Cook for about 4–5 minutes. Drain into a fine-mesh strainer.
4. Transfer the strained cauliflower to a clean, thin dish towel and squeeze carefully not to burn your hands.
5. In a large bowl, mix the cauliflower, beaten egg, cheese, and spices until well combined.
6. Press the cauliflower "dough" onto the center of a baking sheet and spread to the edges.
7. Bake for 20 minutes at 400°F (204°C) or until the crust is golden brown.
8. Wrap your pizza crust, label it, and place in refrigerator. If time permits, add toppings before wrapping. You will bake and eat your cauliflower-crust pizza the next day.

Day Two

1. Preheat the oven to 400°F (204°C).
2. Remove your crust from the refrigerator and unwrap. Sprinkle your favorite toppings on the crust.
3. Place the pizza in the oven and bake for about 10–15 minutes or until cheese is hot and bubbly.
4. Remove pizza from oven and allow to cool for a few minutes. Cut pizza and enjoy.

(Continued)

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Lesson Plan Week 5—Chapter 5

Instructor: _____ Date: _____
Course: _____ Unit: _____

Chapter 5: Preparing Simple Recipes

Day One

Materials

- Text: pages 86–91 and 97
- Instructor's Resources: Reproducible Master A (See handout for a list of supplies needed.)
- Workbook: Activities A, B, and C, pages 31–33 (See the *Instructor's Annotated Workbook* for answers to the Workbook activities.)
- Cookbooks

Objectives

After this lesson, students will be able to

- identify healthy snack food options; and
- list tips for preparing sandwiches and wraps.

Terms

- Content: snack, sandwich, wrap, flatbread
- Academic: deterrent, discerning, complement, perishable

Bell Ringer (5 minutes)

- Ask students to give examples of their favorite snack foods. If some of the snacks are not healthy choices, what would be a healthier option?

Classroom Activities (40 minutes)

- Before reading the chapter material, have students complete the *Reading Prep* activity on page 86 of the text.
- Have students read "Making Every Recipe Simpler," "Snacks," and "Sandwiches and Wraps" on pages 87–91 of the text.
- Select from the following activities to meet your classroom needs:
 - Making Every Recipe Simpler**
 - Ask students to give examples of ingredients people use frequently and might like to keep on hand in their kitchens. Discuss with students the importance of gathering the ingredients before starting to cook.
 - Have students complete Workbook Activity A, *Practicing Mise en Place*. Students are to read the given recipe and practice mise en place by organizing their workspaces. After students organize their workspaces, they are to answer the questions provided.
 - Snacks**
 - Distribute and have students complete Reproducible Master A, *Healthy vs. Unhealthy Snack Food*

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Written by
teachers for
teachers

ExamView® Test-Making Software

ExamView software and questions make creating quizzes and tests fast and simple. More than 1,000 questions are already created or you can add your own for customized assessment.

QuickTest Wizard

You have selected 1 question bank containing a total of 59 questions. You will select questions only from this bank.

Step 3: Identify how many questions of each type you want.

Question Type	Available to Select	Number Selected
True/False	20	0
Multiple Choice	22	0
Matching	10	0
Essay	7	0
Total	59	

QuickTest Wizard

Test Summary for: Chapter 10 Life-Cycle Nutrition and Fitness

True/False:	18	Matching:	3
Modified True/False:	0	Short Answer:	3
Multiple Choice:	12	Problem:	3
Multiple Response:	0	Essay:	2
Yes/No:	0	Case:	3
Numeric Response:	0	Other:	3
Completion:	0	Total:	40

Step 4: Click the Finish button at this time to create the test. Click the Back button to change your selections.

The QuickTest Wizard will select questions and format the test based on your selections. The finished test will be displayed on your screen exactly as it will be printed.

Once the test is displayed, you can use any of the features of the program to change the test layout, edit the test headers and footers, and add new questions.

Name: _____ Class: _____ Date: _____ ID: A

Chapter 10 Life-Cycle Nutrition and Fitness

Matching

Match the following terms and identifying phrases:

- diabetes mellitus
- diet
- food allergy
- food-drug interaction
- food intolerance
- growth spurt
- lactation
- lacto-ovo vegetarian
- therapeutic diet
- vegan
- vegetarian diet

1. All the food and drink a person regularly consumes.
2. The production of breast milk.
3. A response of the body's immune system to a food protein.
4. A period of rapid growth.
5. A diet built partly or entirely on plant foods.
6. An eating plan prescribed by a physician to address special needs of a person with a specific health problem.
7. The body's lack of or inability to use the hormone insulin to maintain normal blood glucose levels.
8. An effect a drug has on the way the body absorbs or uses a nutrient or an effect a food has on the way the body absorbs or uses a drug.

True/False

Indicate whether the statement is true or false.

9. During pregnancy, the average woman gains 40 to 50 pounds.
10. Pregnant and lactating women should never take any medications except under a doctor's advice.
11. During lactation, a woman has increased energy, protein, mineral, and vitamin needs.
12. After delivering a baby, women should focus on fitness activities such as jogging and jumping.
13. Growth is faster between the ages of two and six than during infancy.
14. Studies show that children who eat breakfast do better in school than children who skip breakfast.

1

Enhance learning with rich content

Companion Website

The Companion Website contains flash cards, animations, and interactive activities that enhance the learning experience. Review questions can be completed and submitted to the instructor digitally.

Instructions Reset

Turn dough one-quarter turn.



When dough has doubled in bulk, punch down.



Push against the dough with the heels of your hands.



Fold dough in half toward your body.



Test for lightness with two fingers.



Let the dough rise.



If dough is sticky, sprinkle the surface with a small amount of flour.



After letting the dough rise a second time, place the loaves in pans.



Courtesy of [unreadable]

activities **6: Review** Save

Write your answers using complete sentences when appropriate.

3. List the six groups into which nutrients are divided and their basic functions.

Nutrients are divided into the following groups: carbohydrates, fats, proteins, vitamins, minerals, water. The basic function of carbohydrates, fats, and proteins is to provide energy. The basic function of vitamins, minerals, and water is to maintain cells and tissues and regulate various body processes.

The foods a child eats can affect his or her health as an adult.

activities **3: Knife Skills Animation Video**




01:14

Instructions Reset

Menu

- Soupe à l'Oignon (Onion Soup)
- Poulet au Citron (Chicken with Lemon)
- Ratatouille (Vegetable Casserole)
- Salade Verte (Green Salad)
- Pain (French Bread)
- Mousse au Chocolat (Chocolate Mousse)
- Café (Coffee)




1 of 4


SUBMIT

Instructions Reset


Tropical Fruits





Citrus Fruits



Berries



Melons



SUBMIT

Reinforce new concepts and engage students

Workbook

Creative workbook activities inspire students to review and apply concepts. The Instructor's Annotated Workbook reduces time spent grading.

Activity C Name _____
Chapter 2
 Choose the temperature _____

H 1. At what mini
G 2. What is the r
 meat, such a
F 3. What is the r
 beef?
E 4. What is the r
 poultry?
E 5. What is the r
 breast piece
E 6. What is the r
K 7. At what max
K, H 8. What are the
 at which bac
K 9. What is the r
 set?

Activity E Name _____
Chapter 10 Date _____ Period _____

Assume you are a social worker employed by a state agency to help people enroll in food assistance programs. You have reviewed the eligibility forms of each of the following applicants and determined they meet the requirements to receive program benefits. Your next step is to fill out the approval forms for the appropriate assistance programs. For each applicant described below, place a checkmark on your case files in the appropriate boxes to indicate which approval form(s) you will complete: WIC (Women, Infants, and Children), NSLP/SBP/SFSP (National School Lunch Program/School Breakfast Program/Summer Food Service Program), SNAP (Supplemental Nutrition Assistance Program), and/or Elderly NP (Elderly Nutrition Program).

Decker, Amy
 Forms completed: WIC NSLP/SBP/SFSP SNAP Elderly NP
 Case notes: 16-year-old mother, enrolled at Crestville H.S. Daughter, Kaylie, is 4 months old.

Decker, Kaylie

Unit Pricing

Activity C Name _____
Chapter 14 Date _____ Period _____

Compare the following pairs of shelf tags showing unit prices and answer the questions that follow in the space provided.

0515632031 UNIT PRICE 154 PER OUNCE	CENTERFIELD CANNED CORN 11 OZ	11 OZ	0736940232 UNIT PRICE 187 PER OUNCE	FLAVOR FRESH FROZEN CORN 16 OZ	16 OZ
1.69			2.99		

1. What is the total price of the canned corn? \$1.69
 2. What is the package size of the frozen corn? 16 ounces
 3. Which form of corn has the lower unit price? canned

07815637244 UNIT PRICE 245 PER OUNCE	GRANLAND WHEAT PUFFS 14 OZ	14 OZ	07815637245 UNIT PRICE 210 PER OUNCE	GRANLAND WHEAT PUFFS 20 OZ	20 OZ
3.39			4.19		

What size package of wheat puffs has the higher unit price? 14 ounces
 What is the unit price of the 20-ounce package? .210 per ounce
 What is the unit price difference between the two package sizes? .032 per ounce

0333947933 UNIT PRICE 244 PER BAG	SLIDE-WISE SANDWICH BAGS 80 CT	80 CT	06064060430 UNIT PRICE 449 PER BAG	GRAND CIRCLE SANDWICH BAGS 50 CT	50 CT
3.49			2.39		

Which brand of sandwich bags has the lower total price? Grand Circle
 Which brand has the lower unit price? Slide-Wise
 How many bags are in a package of Grand Circle brand sandwich bags? 50

0383272200 UNIT PRICE 100 PER OUNCE	QUICK MIX BAKING MIX 40 OZ	40 OZ	0384440082 UNIT PRICE 125 PER OUNCE	GRANDMA B'S BAKING MIX 32 OZ	32 OZ
4.19			3.99		

What type of product do these tags describe? baking mix
 What is the unit price of the Quik Mix brand product? .105 per ounce
 What brand comes in the smaller package? Grandma B's

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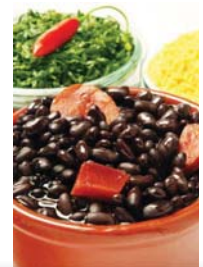
PowerPoint® Lectures

PowerPoint presentations for each chapter engage a variety of learning styles, improve student focus, and provide visual impact.



South American Cuisine

- African cooks introduced bananas, yams, coconuts, and dendé oil into Brazilian cuisine
- Staple foods in Brazil include manioc, rice, and



Think Further

Why do you need to vary your diet to consume the essential nutrients?



Review

18. List three functions of water in the body.
 (List three:) *Water aids proper digestion. It plays a role in cell growth and maintenance. All chemical reactions within the body rely on water. Water lubricates the joints and body cells. It helps regulate body temperature.*

All resources are offered in multiple formats, including print, CDs, and online