

Academic/Career & Technical Related/Demonstration Lesson Plan

Instructor Buckles

Date _____

Program/Class CUL JR

Period AM

State Indicator/Competency:

20.1.9 Characterize the roles of carbohydrates and identify foods that contain them.

20.1.10 Differentiate between types of lipids, and identify foods that contain the various types of lipids and cholesterol.

20.1.11 Characterize the roles of proteins, including complete and incomplete, in diets, and identify foods that contain these nutrients

20.1.12 Describe the role of water, vitamins and minerals in the human diet, and identify foods that contain these nutrients.

20.1.13 Use recommended dietary allowances (RDAs) and the Food Guide Pyramid to plan meals.

Instructional Objective(s):

Student will identify complex carbohydrates, carbohydrate, simple carbohydrates at 100% accuracy.

Student will identify low-density lipoprotein, high-density lipoprotein, cholesterol, and dietary cholesterol serum cholesterol at 100% accuracy.

Student will identify complete proteins and protein at 100% accuracy.

Student will identify insoluble fiber, soluble fiber, vitamins B & C, vitamins A,D,E,& K at 100% accuracy.

Student will identify saturated fats, monounsaturated fats, trans fats, hydrogenation at 100% accuracy.

Student will identify omega-3 fatty acids, amino acids, fatty acids at 100% accuracy.

Student will identify calorie, glucose, nutrient, antioxidants at 100% accuracy.

Student will list two dietary sources for saturated fat at 100% accuracy.

Student will list two dietary sources for monounsaturated fat at 100% accuracy.

Student will list two dietary sources for polyunsaturated fat at 100% accuracy.

Student will list two dietary sources for Omega-3 fatty acids at 100% accuracy.

Student will list two dietary sources for acid at 100% accuracy.

Student will list two dietary sources for trans-fat at 100% accuracy.

Materials:

Text Book pages 704-719, Work Sheets

Method of Instruction:

Student led learning

Activities:

Read 704-719 of the Culinary Arts text, Work sheets

Closure:

Turn in work sheets

Assessment:

Completion of assignment. Total 10 Points

Name _____ Number _____

Matching Questions

Descriptions

- ___1. The building blocks of protein.
- ___2. The nutrient needed to replace worn out tissues and cells.
- ___3. The sugar our bodies form when we eat carbohydrate-rich food.
- ___4. Carbohydrates found in plant-based foods.
- ___5. Carbohydrates found in fruit, milk, and sugar.
- ___6. The nutrient that supplies energy to our bodies.
- ___7. Fiber that helps lower cholesterol.
- ___8. Fiber that helps clean the digestive tract and eliminate wastes.
- ___9. The units of carbon, hydrogen, and oxygen that make up the chains found in fat.
- ___10. Fats that come from animal sources.
- ___11. Fats that come from plant sources & are considered the healthier fats.
- ___12. Fat found in all fish linked to reducing the risk of strokes & heart attacks.
- ___13. The process that changes a liquid fat into a solid fat.
- ___14. A potentially harmful type of fat that has been linked to heart disease.
- ___15. A fatty substance that the body needs to perform various functions.
- ___16. Cholesterol found in the body.
- ___17. Cholesterol found in foods.
- ___18. The protein found in blood that has been labeled "bad" cholesterol.
- ___19. The protein found in blood that is designated as "good" cholesterol.
- ___20. Water-soluble vitamins.
- ___21. Fat-soluble vitamins.
- ___22. Substances that prevent tissue damage in the body.
- ___23. The unit that measures energy supplied by food.
- ___24. The part of food that our body utilizes.
- ___25. Foods that supply all the essential amino acids.

Answers

- A amino acids
- B antioxidants
- C calorie
- D carbohydrate
- E cholesterol
- F complete proteins
- G complex carbohydrates
- H dietary cholesterol
- I fatty acids
- J glucose
- K high-density lipoprotein
- L hydrogenation
- M insoluble fiber
- N low-density lipoprotein
- O monounsaturated fats
- P nutrient
- Q omega-3 fatty acids
- R protein
- S saturated fats
- T serum cholesterol
- U simple carbohydrates
- V soluble fiber
- W trans fats
- X Vitamins A,D,E,& K
- Y Vitamins B & C

Name _____ Number _____

List two dietary sources for each of the following.

Saturated Fat	Type of Saturated Fat Dietary Source 1 2
Monounsaturated Fat	Type of Monounsaturated Fat Dietary Source 1 2
Polyunsaturated Fat	Type of Polyunsaturated Fat Dietary Source 1 2
Omega-3 Fatty	Type of Omega-3 Fatty Dietary Source 1 2
Acids	Type of Acid Dietary Source 1 2
Trans Fats	Type of Trans Fat Dietary Source 1 2