



# Food, Nutrition & Wellness

© 2010

STANDARDS	PAGE REFERENCES
<b>Unit 1: Nutrition, Wellness, and You</b>	
1.1 Define terms related to nutrition and wellness	<p><b>Student Edition:</b>  <i>Reading Check</i> 12  <i>Review and Applications</i> 15 #1, 29 #1, 109 #1, 121 #1, 139 #1</p> <p><b>Teacher Annotated Edition:</b>            CT TM65</p>
1.2 Identify the aspects of wellness 1) emotional 2) physical 3) psychological 4) social	<p><b>Student Edition:</b>            6-8  <i>Graphic Organizer</i> 5  <i>Review and Applications</i> 15 #2</p> <p><b>Teacher Annotated Edition:</b>            CA TM63; DC TM64</p>
1.3 Evaluate the effect of lifestyle choices on wellness	<p><b>Student Edition:</b>            6  <i>As You Read</i> 6, 20  <i>Review and Applications</i> 15 #6, 30 #14, #15, 31 #18  <i>Thematic Project</i> 32-33</p> <p><b>Teacher Annotated Edition:</b>            CA TM63; CT TM63, TM69; Q TM65 #1, TM69 #2</p>

STANDARDS	PAGE REFERENCES
1.4 Examine wellness as a choice	<p><b>Student Edition:</b> 13-14 <i>Review and Applications</i> 15 #5, 16 #12, 17 #17 <i>Thematic Project</i> 32-33</p> <p><b>Teacher Annotated Edition:</b> BRAC TM99; CA TM100, TM103; CT TM69, TM100; Q TM103 #1, #2; SP TM63 (L1), TM99 (L2)</p>
1.5 List the steps of the decision-making process in order <ol style="list-style-type: none"> <li>1) Identify the decision to be made</li> <li>2) Identify available resources and possible options</li> <li>3) Weigh pros and cons of each option</li> <li>4) Select the best option</li> <li>5) Act on the decision</li> <li>6) Evaluate the results of the decision</li> </ol>	<p>Decision making and taking action for wellness are discussed on the following pages.</p> <p><b>Student Edition:</b> 13-14 <i>Review and Applications</i> 15 #6, #8, 16 #10, 17 #18, 30 #10</p> <p><b>Teacher Annotated Edition:</b> DS TM64; SP TM65 (L3), TM69 (L3); WS TM69</p>
1.6 Compare the impact of cultural, emotional, psychological, and social influences on food choices	<p><b>Student Edition:</b> 8-10, 39 <i>Graphic Organizer</i> 37 <i>As You Read</i> 38 <i>Review and Applications</i> 45 #2</p> <p><b>Teacher Annotated Edition:</b> BRAC TM64; DC TM73; Q TM65 #2</p>
1.7 Examine the development of regional foods from available global and local food supplies	<p><b>Student Edition:</b> 40-42 <i>Review and Applications</i> 45 #6, #9, 46 #15, 57 #2, #7, 58 #14 <i>Photo</i> 48 <i>Thematic Project</i> 60-61</p> <p><b>Teacher Annotated Edition:</b> SP TM72 (L1, L2); TM78 (L1)</p>
1.8 Identify ways global food choices are affected by supply, production, and distribution worldwide	<p><b>Student Edition:</b> 55-56 <i>Review and Applications</i> 57 #6-#8, 59 #17</p> <p><b>Teacher Annotated Edition:</b> DC TM73; SP TM72 (L3)</p>

STANDARDS	PAGE REFERENCES
1.9 Research government agencies' guidelines for health claims concerning wellness issues	<p><b>Student Edition:</b> 55, 69, 114-120, 126-132, 134-135, 180 <i>Review and Applications</i> 57 #4, 88 #10, 121 #2-#4, 122 #15, 123 #17, 140 #15, 181 #8, 183 #18</p> <p><b>Teacher Annotated Edition:</b> CT TM78; SP TM96 (L2); WS TM96</p>
1.10 Summarize the roles of food industry, technology and government in food choices	<p><b>Student Edition:</b> 52-55 <i>Figure 1.1 9</i> <i>Review and Applications</i> 16 #15, 57 #3, 58 #12 <i>Science in Action</i> 52</p> <p><b>Teacher Annotated Edition:</b> SP TM96 (L2, L3)</p>
<b>Unit 2: The Nutrition Health Connection</b>	
2.1 Define terms related to nutrition health connection	<p><b>Student Edition:</b> 96, 105-106, 172 <i>Reading Check</i> 97 <i>Review and Applications</i> 109 #1</p> <p><b>Teacher Annotated Edition:</b> BRAC TM 91; DC TM91; DS TM91; Q TM92 #3</p>
2.2 List the six nutrients: 1) Carbohydrates 2) Proteins 3) Fats 4) Vitamins 5) Minerals 6) Water	<p><b>Student Edition:</b> 97-103, 162 <i>Graphic Organizer</i> 95 <i>Figure 7.3</i> 104</p> <p><b>Teacher Annotated Edition:</b> Q TM109 #1; SP TM92 (L1, L3)</p>
2.3 Describe the role of carbohydrates on health, appearance, and peak performance	<p><b>Student Edition:</b> 97-98, 105, 162-163 <i>Review and Applications</i> 168 #10, #12, #14</p> <p><b>Teacher Annotated Edition:</b> DS TM108</p>
2.4 Describe the role of protein in health, appearance, and peak performance	<p><b>Student Edition:</b> 96, 99-100, 105 <i>As You Read</i> 96 <i>Review and Applications</i> 192 #14</p> <p><b>Teacher Annotated Edition:</b> DS TM91, Q TM109 #1</p>

STANDARDS	PAGE REFERENCES
2.5 Describe the role of fats in health, appearance, and peak performance	<b>Student Edition:</b> 96, 98, 438-439 <i>Review and Applications</i> 109 #7, 141 #18, 159 #18, 446 #10, #11, 447 #17, #18, #19 <i>Reading Check</i> 439 <b>Teacher Annotated Edition:</b> Q TM92 #1, Q TM105 #1
2.6 Describe the role of vitamins in health, appearance, and peak performance	<b>Student Edition:</b> 100, 108, 162 <i>Figure 7.1</i> 101 <i>Figure 7.2</i> 102 <i>Review and Applications</i> 110 #11 <b>Teacher Annotated Edition:</b> DS TM91
2.7 Describe the role of minerals in health, appearance, and peak performance	<b>Student Edition:</b> 102-103, 162 <i>Reading Check</i> 103 <i>Figure 7.3</i> 104 <i>Review and Applications</i> 110 #11 <i>Science in Action</i> 176 <b>Teacher Annotated Edition:</b> Q TM92 #3
2.8 Describe the role of water in health, appearance, and peak performance	<b>Student Edition:</b> 27, 100, 162-163 <i>Reading Check</i> 164 <b>Teacher Annotated Edition:</b> DC TM108
<b>Unit 3: Nutrition: Take it Personally!</b>	
3.1 Define terms related to the personal aspects of nutrition	<b>Student Edition:</b> <i>Review and Applications</i> 140 #10, #12, #16 <i>Thematic Project</i> 142-143

STANDARDS	PAGE REFERENCES
<p>3.2 Describe the Dietary Guidelines for Americans and MyPyramid</p>	<p><b>Student Edition:</b>  <i>Graphic Organizer</i> 113  <i>As You Read</i> 114  <i>Reading Check</i> 114, 118, 127, 128  <i>Review and Applications</i> 121 #2, #3, #4, #9, 123 #17, 139 #2, #3, #4, #5, #6, #7, #8, #9, 140 #10, 141 #17, 191 #4, #7, 245 #3, #7, 246 #11, 446 #11  <i>Figure 9.1</i> 127</p> <p><b>Teacher Annotated Edition:</b>  DS TM95; SP TM96 (L2)</p>
<p>3.3 Identify reliable sources of food and nutrition information</p>	<p><b>Student Edition:</b>  127, 128  <i>Review and Applications</i> 183 #18, 193 #19, 245 #3, #7, 246 #11  <i>Figure 17.1</i> 238  <i>Figure 17.2</i> 239  <i>Reading Check</i> 240  <i>Figure 17.3</i> 241  <i>Science in Action</i> 440  <i>Thematic Project</i> 448-449</p> <p><b>Teacher Annotated Edition:</b>  SP TM96 (L3)</p>
<p>3.4 Examine the relationship of nutrition and wellness to individual and family health throughout the life cycle</p>	<p><b>Student Edition:</b>  <i>Graphic Organizer</i> 171  <i>Reading Check</i> 172, 174, 176, 178, 179  <i>Nutrition &amp; Wellness Tips</i> 174  <i>Figure 12.1</i> 175  <i>Science in Action</i> 176  <i>Photo</i> 178  <i>Review and Applications</i> 158 #16, 181 #2, #3, #4, #5, #6, #7, #9, 182 #10, #13, #14, #16, 183 #17</p> <p><b>Teacher Annotated Edition:</b>  DC TM112; DS TM112; Q TM113 #3;  SP TM112-TM113</p>

STANDARDS	PAGE REFERENCES
3.5 Identify possible food drug interactions	<b>Student Edition:</b> 204 <i>Reading Check</i> 204 <i>Review and Applications</i> 205 #7 <b>Teacher Annotated Edition:</b> CT TM121; Q TM121 #3
3.6 Assess the impact of food and diet fads, food addictions, and eating disorders on wellness	<b>Student Edition:</b> 155-156, 196-197 <i>Reading Check</i> 156, 197 <i>Review and Applications</i> 157 #5, #9, 205 #3, 206 #10 <b>Teacher Annotated Edition:</b> CT TM105; QT TM105 #3, 121 #1; WS TM121
3.7 Describe food preparation techniques to conserve essential nutrients	<b>Student Edition:</b> <i>Nutrition &amp; Wellness Tips</i> 305 <i>Review and Applications</i> 313 #5, #9, 314 #10, #11, 315 #17 <i>Standardized Test Practice</i> 315 <b>Teacher Annotated Edition:</b> CA TM151; SP TM151 (L3)
3.8 Determine how science and technology impact nutrient content of foods	<b>Student Edition:</b> <i>Review and Applications</i> 183 #18, 313 #2, #9, 314 #14, 445 #4 <i>Reading Check</i> 309, 312
3.9 Identify careers related to nutrition	<b>Student Edition:</b> <i>Hot Jobs!</i> 69, 84, 99, 133, 165, 188, 227, 252, 337, 393, 431, 442, 470 <i>Technology</i> 110
<b>Unit 4: Your Active Lifestyle</b>	
4.1 Define terms related to physical fitness	<b>Student Edition:</b> <i>Review and Applications</i> 29 #1, 157 #1, 167 #1
4.2 Explain the six components of physical fitness <ol style="list-style-type: none"> <li>1) Body composition</li> <li>2) Cardio-respiratory endurance</li> <li>3) Coordination and balance</li> <li>4) Flexibility</li> <li>5) Muscular endurance</li> <li>6) Muscular strength</li> </ol>	<b>Student Edition:</b> 149 <i>Reading Check</i> 21 <i>Thematic Project</i> 32-33 <b>Teacher Annotated Edition:</b> DS TM68

STANDARDS	PAGE REFERENCES
4.3 Describe how physical activity promotes fitness	<p><b>Student Edition:</b>  <i>Writing Activity</i> 18  <i>Reading Check</i> 22  <i>Review and Applications</i> 29 #2, #3, #7, 30 #11, 122 #10  <i>Thematic Project</i> 32-33</p> <p><b>Teacher Annotated Edition:</b>  Q TM69</p>
4.4 Identify different types of physical activity as aerobic or anaerobic	<p>This standard can be met by expanding the following page references on physical activity.</p> <p><b>Student Edition:</b>  22, 24  <i>Figure 2.1</i> 26</p> <p><b>Teacher Annotated Edition:</b>  DS TM68</p>
4.5 Describe excuses people give for being sedentary	<p><b>Student Edition:</b>  23  <i>Review and Applications</i> 29 #7, 30 #15, 158 #10, #11, 159 #18</p>
4.6 Describe factors to consider when choosing physical activities.	<p><b>Student Edition:</b>  24-25, 27</p> <p><b>Teacher Annotated Edition:</b>  BRAC TM68; WS TM69</p>
4.7 Summarize ways to fit physical activity into daily life	<p><b>Student Edition:</b>  <i>Review and Applications</i> 15 #8, 29 #4, 30 #10, 121 #6  <i>As You Read</i> 20  <i>Photo</i> 22, 24  <i>Nutrition &amp; Wellness Tips</i> 24  <i>Figure 2.1</i> 26</p> <p><b>Teacher Annotated Edition:</b>  Q TM109 #3; SP TM68 (L1); WS TM105</p>
4.8 Identify ways to keep physical activity safe and healthy	<p><b>Student Edition:</b>  24-25, 27, 165  <i>Photo</i> 6, 116  <i>Science in Action</i> 23  <i>Reading Check</i> 27  <i>Review and Applications</i> 29 #5, 30 #12, 31 #17, 168 #11, 169 #17</p> <p><b>Teacher Annotated Edition:</b>  SP TM69 (L2), TM109 (L2); WS TM109</p>

STANDARDS	PAGE REFERENCES
4.9 Describe how physical activity affects nutrient needs	<p><b>Student Edition:</b> 152-153 <i>Reading Check</i> 162 <i>Review and Applications</i> 167 #2, 168 #10, #12, #14, #15 <i>Photo</i> 178</p> <p><b>Teacher Annotated Edition:</b> CT TM109; DS TM108; SP TM109 (L1, L3)</p>
4.10 Discuss food and beverage strategies for peak performance	<p><b>Student Edition:</b> 162-164, 166 <i>Graphic Organizer</i> 161 <i>Reading Check</i> 164, 166 <i>Review and Applications</i> 167 #3, #5, #6, #7, #8, #9, 168 #10, #12, #14, #15, #16</p> <p><b>Teacher Annotated Edition:</b> BRAC TM108; DC TM108; DS TM108; Q TM109 #2</p>
4.11 Distinguish between sports nutrition facts and myths	<p><b>Student Edition:</b> 165-166 <i>Review and Applications</i> 167 #4, 168 #12, 169 #17</p> <p><b>Teacher Annotated Edition:</b> CT TM109; Q TM69 #3; WS TM109</p>
4.12 Explain why suggested body weight varies for individuals	<p><b>Student Edition:</b> 148-151 <i>Reading Check</i> 151 <i>Review and Applications</i> 157 #2</p> <p><b>Teacher Annotated Edition:</b> Q TM105 #2; SP TM105 (L2)</p>
4.13 Describe healthy ways to achieve and maintain appropriate body weight	<p><b>Student Edition:</b> 21, 149-150, 152-153 <i>Review and Applications</i> 157 #4, 158 #10</p> <p><b>Teacher Annotated Edition:</b> SP TM105 (L1, L3)</p>
4.14 Identify careers related to exercise and fitness	<p><b>Student Edition:</b> <i>Hot Jobs!</i> 22, 151</p>