

The teacher may show a nutritional video (e.g. Killer At Large) so students can begin to connect the ways media influences nutritional choices.

The teacher may bring examples of different menus so students can explore food options and menu designs.

The teacher may introduce the 6 important nutrients so students can investigate the impact nutrients have on the body.

The teacher may introduce dietary guidelines (e.g. choosemyplate.gov) so students can analyze their current diet and explore elements of a healthy eating plan.

The teacher may provide examples of web-based grocery stores (e.g.: walmart.com, sprouts.com, wholefoods.com) so students can investigate food availability and costs.

The teacher may provide a guest speaker (nurse, health care professional, etc.) to discuss the impact of unrealistic body images and eating disorders so that students can connect the effect these disorders have on a person's physical, mental and social health.

The teacher may pose the question "How do food choices directly relate to weight management, illness, and overall health?" so students can examine the impact of their nutritional decisions.

The teacher may continue to review dietary guidelines (e.g. choosemyplate.gov) so students can assess how BMI, calories, and empty calories factor into weight management.

The teacher may provide various food labels so students can apply decision-making skills to differentiate the healthier food option based on the nutrients.

The teacher may identify sections of a restaurant menu so students can begin to critique necessary elements for healthy meal options.

Performance Assessment: As a restaurateur you will choose a target audience (e.g. Mexican, Italian, Asian-Fusion, Gluten Free, Vegan) and develop a restaurant with a menu that offers a variety of nutritional choices for your customer base. Your menu will demonstrate your knowledge of healthy food choices as well as factors that impact the nutritional choices of yourself and others (e.g. Personal beliefs, media, family & peer influences, economics, culture, and environment)
<http://www.stocklayouts.com/Templates/Free-Templates/Free-Sample-Menu-Template-Design.aspx> (free menu templates)
<http://www.foodservicewarehouse.com/education/restaurant-management-and-operations/a-quick-guide-on-pricing-restaurant-menu-items/c28020.aspx> (pricing food on restaurant menus)

Nutrition