

EWHS Course Scope & Sequence

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| Course Title | Introduction to Food and Nutrition | | | | |
| Course Overview | Students explore the relationship between nutrition, health, and food choices while developing basic cooking skills. Through labs, they practice safe food handling, meal preparation, and decision-making for balanced eating. Emphasis is placed on applying nutrition knowledge to everyday life. | | | | |
| Unit Component | Unit 1 | Unit 2 | Unit 3 | Unit 4 | Unit 5 |
| Title | Kitchen Basics & Food Safety | Nutrition Fundamentals | Fruits, Vegetables & Plant-Based Cooking | Proteins & Dairy | Grains & Carbohydrates |
| Guiding or Essential Questions <i>(if applicable)</i> | How do safe food handling and basic kitchen skills impact the success and safety of what we prepare? | How do nutrients in food affect overall health and well-being? | Why are plant-based foods important, and how can they be prepared in healthy and appealing ways? | How do protein and dairy foods contribute to body function and growth? | How do carbohydrates and grains provide energy, and how can I choose healthier options? |
| Topic This should be the overarching theme or big idea. Brief overview of the unit. | Kitchen safety & sanitation Knife skills & equipment use Foodborne illness prevention | Macronutrients & micronutrients Reading food labels Dietary guidelines & portion sizes | Vitamins, minerals, fiber Cooking methods (steaming, roasting, sautéing) Plant-based protein option | Protein function & sources (animal and plant) Safe handling of meat, eggs, dairy Cooking methods | Whole vs. refined grains Energy and carbohydrates Basic starch cookery |

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| | Measuring & following recipes | | | | |
| Length <i>(in weeks)</i> | 1 - 2 weeks | 3-4 weeks | 3-4 weeks | 3-4 weeks | 3-4 weeks |
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|--|--|--------|--------|--------|---------|
| Course Overview | | | | | |
| Unit Component | Unit 6 | Unit 7 | Unit 8 | Unit 9 | Unit 10 |
| <p>Title</p> | <p>Fats, Sugars & Processed Foods</p> | | | | |
| <p>Guiding or Essential Questions <i>(if applicable)</i></p> | <p>How do fats, sugars, and processed foods influence health and food choices?</p> | | | | |
| <p>Topic</p> <p>This should be the overarching theme or big idea. Brief overview of the unit.</p> | <p>Types of fats & their effects</p> <p>Added sugars & health impacts</p> <p>Understanding processed foods</p> | | | | |

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| Length <i>(in weeks)</i> | 2-3 weeks | | | | |