

Consumer & Life Studies
Food Science
Unit 13: Vegetables

Essential Understandings	<ul style="list-style-type: none"> ▪ There are hundreds of different kinds of vegetables. ▪ Vegetables are colorful, flavorful and nutritious.
Essential Questions	<ul style="list-style-type: none"> ▪ What are the nutrient contributions of vegetables? ▪ How should vegetables be selected and stored? ▪ What are ways in which vegetables can be cooked? ▪ What parts of the plant do vegetables come from?
Essential Knowledge	<ul style="list-style-type: none"> ▪ Vegetables are high in Vitamin A, Vitamin C and calcium, low in fat sodium and calories, they have no cholesterol, and are high in fiber and carbohydrates. ▪ Signs of quality when choosing a vegetable are: solid, good color, crisp, firm, and have no signs of decay, soft spots, or damage. ▪ Store potatoes and onions in a cool, dry, dark area. Other vegetables should be refrigerated as soon as they are brought home. For best quality use within a few days. ▪ Store canned vegetable in a cool, dry area. Keep frozen vegetables frozen until ready to use. ▪ Vegetables can be boiled, baked, fried, steamed, mashed, scalloped, poached, stewed and microwaved. ▪ Vegetables can come from the root, stem, leaf, bulb, flower, seed, or fruit of a plant.
Vocabulary	<ul style="list-style-type: none"> ▪ <u>Terms</u>; <ul style="list-style-type: none"> ○ cruciferous, carotene
Essential Skills	<ul style="list-style-type: none"> ▪ Distinguish nutritive values of food groups from one another. ▪ Recognize a variety of vegetables and hypothesize how each should be purchased, stored and cooked. ▪ Choose and justify the appropriate method of cooking a vegetable. ▪ Determine the part of the plant from which a vegetable is derived from.
Related Maine Learning Results	<p><u>Health and Physical Education</u></p> <p>A. Health Concepts</p> <p>A1. Healthy Behaviors and Personal Health</p> <p>Students predict how behaviors impact health status.</p> <ol style="list-style-type: none"> a. Analyze individual responsibility for enhancing health. b. Predict how healthy behaviors can positively impact health status. c. Describe barriers to practicing healthy behaviors. d. Examine personal susceptibility to, and the potential severity of, injury or illness if engaging in unhealthy behaviors. <p>A3. Diseases/Other Health Problems</p> <p>Students explain causes of common diseases, disorders, and other health problems and propose ways to reduce, prevent, or treat them.</p>

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**Related
Maine Learning
Results**

- A4.Environmental and Personal Health
Students determine the interrelationship between the environment and other factors and personal health.
 - a. Analyze how environment and personal health are interrelated.
 - b. Describe how genetics and family history can impact personal health.
- B. Health Information, Products and Services
 - B1.Validity of Resources
Students evaluate the validity and accessibility of health information, products, and services.
- C. Health Promotion and Risk Reduction
 - C2.Avoiding/Reducing Health Risk
Students demonstrate a variety of behaviors to avoid or reduce health risks to self and others.
 - a. Develop ways to recognize, avoid, or change situations that threaten the safety of self and others.
 - b. Develop injury prevention and response strategies including first aid for personal, family, and community health.
- D. Influences on Health
 - D1.Students analyze and evaluate influences on health and health behaviors.
 - a. Analyze how family, school and community influence the health of individuals.
 - b. Analyze how peers influenced healthy and unhealthy behaviors.
 - c. Evaluate the effect of the media on personal and family health.
 - d. Analyze how the perceptions of norms influence healthy and unhealthy behaviors.
 - e. Analyze how culture and personal values and beliefs influence individual health behaviors.
- E. Communication and Advocacy Skills
 - E1.Interpersonal Communications Skills
Students utilize skills for communicating effectively with family, peers, and others to enhance health.
 - a. Demonstrate effective communication skills including asking for and offering assistance to enhance the health of self and others.
 - b. Demonstrate refusal, negotiation, and collaboration skills to enhance health and avoid and reduce health risks.
 - c. Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.

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<p>Related Maine Learning Results</p>	<p>E2.Advocacy Skills Students demonstrate ways to influence and support others in making positive health choices. b. Adapt health messages and communication techniques for different audiences.</p> <p>F. Decision-Making and Goal-Setting Skills F1.Decision-Making Students apply a decision-making process to enhance health. a. Compare the value of thoughtful decision-making to quick decision-making in a health-related situation. d. Defend the healthy choice when making a decision.</p> <p><u>Career and Education Development</u> A. Learning About Self-Knowledge and Interpersonal Relationships A3.Interpersonal Skills Students demonstrate positive interpersonal skills and evaluate successful strategies that improve positive interpersonal skills in ways that lead to success in a variety of school, work, and community settings. a. Getting along with others. b. Respecting diversity. c. Working as a member of a team. d. Managing conflict. e. Accepting/giving/using constructive feedback. f. Accepting responsibility for personal behavior. g. Demonstrating ethical behavior. h. Following established rules/etiquette for observing/listening. i. Demonstrating safe behavior. j. Dealing with peer pressure.</p> <p>A4.Career and Life Roles Students demonstrate and evaluate successful strategies for accomplishing tasks, balancing career and life roles, and reducing stress in a variety of school, work, and community settings. a. Time management b. Goal-setting c. Resource management</p> <p>B. Learning about and Exploring Education and Career and Life Roles B1.Relationships Among Learning, Work, the Community, and the Global Economy Students evaluate strategies for improving educational achievement, increasing participation as an involved citizen, and increasing work options and earning potential in a 21st century global economy.</p>
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<p style="text-align: center;">Related Maine Learning Results</p>	<p>B2.Skills for Individual/Personal Success in the 21st Century Students evaluate strategies to improve skills that lead to lifelong learning and success in the classroom, and the achievement of schoolwork, work and career, and personal life goals.</p> <ol style="list-style-type: none"> a. Literacy skills b. Numeracy c. Critical thinking skills d. Information and communication technology (ICT) e. Interpersonal skills f. Other academic skills and knowledge <p>B3.Education and Career Information Students use previously acquired knowledge and skills to evaluate and utilize a variety of resources to articulate a plan and make decisions for post-secondary education, training, and career choices.</p> <p>C. Learning to Make Decisions, Plan and Create Opportunities, and Make Meaningful Contributions</p> <p>C1.The Planning Process Students use the planning process to make school-to-school and school-to-work decisions.</p> <ol style="list-style-type: none"> a. Self-knowledge b. Looking for and creating personal career options c. Decision-making skills
<p style="text-align: center;">Sample Lessons And Activities</p>	<ul style="list-style-type: none"> ▪ Chapter 31 ▪ Worksheet ▪ Video ▪ Choose a recipe ▪ Cooking in the foods laboratory
<p style="text-align: center;">Sample Classroom Assessment Methods</p>	<ul style="list-style-type: none"> ▪ Foods laboratory ▪ Worksheet ▪ Vegetable test
<p style="text-align: center;">Sample Resources</p>	<ul style="list-style-type: none"> ▪ <u>Publications:</u> <ul style="list-style-type: none"> ○ <u>Discovering Food and Nutrition</u>- Glencoe/McGraw Hill, 2001 ▪ <u>Video:</u> <ul style="list-style-type: none"> ○ <u>Modern Marvels</u> - Harvesting 2