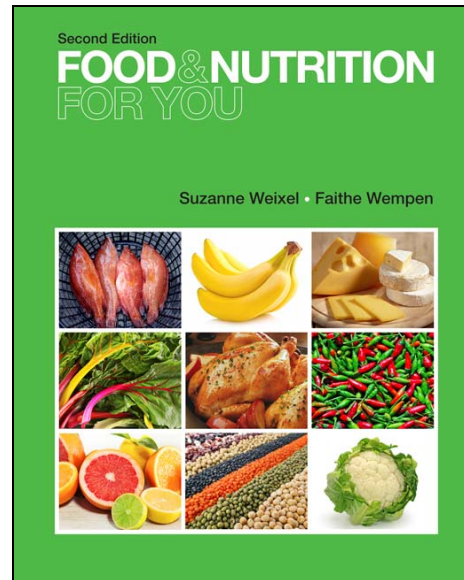


A Correlation of
Food and Nutrition for You
Digital eText, ©2017



To the
Texas Essential Knowledge and Skills for
Lifetime Nutrition and Wellness

Correlations to the Texas Essential Knowledge and Skills (TEKS): Student/Teacher Material							
Subject	Chapter 130. Texas Essential Knowledge and Skills for Career & Technical Education						
Subchapter	Subchapter J. Human Services						
Course	§130.274. Lifetime Nutrition and Wellness (One-Half Credit), Adopted 2015						
Publisher	Savvas Learning Company						
Program Title	Food and Nutrition for You - Digital eText						
Program ISBN	9780134460383						
TEKS Coverage (%)	100.00%						
(a) General Requirements. This course is recommended for students in Grades 9-12. Recommended prerequisite: Principles of Human Services, Principles of Hospitality and Tourism, or Principles of Health Science. Students shall be awarded one-half credit for successful completion of this course.							
(b) Introduction.							
<p>(1) Career and technical education instruction provides content aligned with challenging academic standards and relevant technical knowledge and skills for students to further their education and succeed in current or emerging professions.</p> <p>(2) The Human Services Career Cluster focuses on preparing individuals for employment in career pathways that relate to families and human needs such as counseling and mental health services, family and community services, personal care services, and consumer services.</p> <p>(3) Lifetime Nutrition and Wellness is a laboratory course that allows students to use principles of lifetime wellness and nutrition to help them make informed choices that promote wellness as well as pursue careers related to hospitality and tourism, education and training, human services, and health sciences.</p> <p>(4) Students are encouraged to participate in extended learning experiences such as career and technical student organizations and other leadership or extracurricular organizations.</p> <p>(5) Statements that contain the word "including" reference content that must be mastered, while those containing the phrase "such as" are intended as possible illustrative examples.</p>							
(c) Knowledge and Skills.							
(1) The student demonstrates professional standards/employability skills as required by business and industry. The student is expected to:	(A) apply interpersonal communication skills in business and industry settings	(i) apply interpersonal communication skills in business settings	Student/Teacher	Narrative	9780134460383	505-507	Communicating Effectively
			Student/Teacher	Activity	9780134460383	518	Case Study
			Student/Teacher	Activity	9780134460383	505	Put it to Use
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
			Teacher Only				
(1) The student demonstrates professional standards/employability skills as required by business and industry. The student is expected to:	(A) apply interpersonal communication skills in business and industry settings	(ii) apply interpersonal communication skills in industry settings	Student/Teacher	Narrative	9780134460383	505-507	Communicating Effectively
			Student/Teacher	Activity	9780134460383	505	Put it to Use
			Student/Teacher	Activity	9780134460383	519	Put it to Use #2
			Student/Teacher				
			Student/Teacher				

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			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(1) The student demonstrates professional standards/employability skills as required by business and industry. The student is expected to:	(B) explain and recognize the value of collaboration within the workplace	(i) explain the value of collaboration within the workplace	Student/Teacher	Narrative	9780134460383	507-508	Cooperating and Collaborating - Developing a Team Relationship
			Student/Teacher	Activity	9780134460383	508	Put it to Use
			Student/Teacher				
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(1) The student demonstrates professional standards/employability skills as required by business and industry. The student is expected to:	(B) explain and recognize the value of collaboration within the workplace	(ii) recognize the value of collaboration within the workplace	Student/Teacher	Narrative	9780134460383	507-508	Cooperating and Collaborating - Developing a Team Relationship
			Student/Teacher	Activity	9780134460383	508	Put it to Use
			Student/Teacher	Activity	9780134460383	520	Team Players
			Student/Teacher				
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(1) The student demonstrates professional standards/employability skills as required by business and industry. The student is expected to:	(C) examine the importance of time management to succeed in the workforce	(i) examine the importance of time management to succeed in the workforce	Student/Teacher	Narrative	9780134460383	516	Managing Time
			Student/Teacher	Activity	9780134460383	516	Put it to Use
			Student/Teacher				
			Student/Teacher				
			Student/Teacher				

			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(1) The student demonstrates professional standards/employability skills as required by business and industry. The student is expected to:	(D) identify work ethics and professionalism in a job setting	(i) identify work ethics in a job setting	Student/Teacher	Narrative	9780134460383	504	Personal Characteristics, Behaving Ethically
			Student/Teacher	Activity	9780134460383	504	Put it to Use
			Student/Teacher				
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(1) The student demonstrates professional standards/employability skills as required by business and industry. The student is expected to:	(D) identify work ethics and professionalism in a job setting	(ii) identify professionalism in a job setting	Student/Teacher	Narrative	9780134460383	503	Standards of Appearance, Standards of Behavior,
			Student/Teacher	Activity	9780134460383	504	Put it to Use
			Student/Teacher	Activity	9780134460383	518	Case Study - 2nd bullet point
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(1) The student demonstrates professional standards/employability skills as required by business and industry. The student is expected to:	(E) develop problem-solving and critical-thinking skills	(i) develop problem-solving skills	Student/Teacher	Narrative	9780134460383	515	Solving Problems
			Student/Teacher	Activity	9780134460383	515	Put it to Use
			Student/Teacher				
			Student/Teacher				

			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(1) The student demonstrates professional standards/employability skills as required by business and industry. The student is expected to:	(E) develop problem-solving and critical-thinking skills	(ii) develop critical-thinking skills	Student/Teacher	Narrative	9780134460383	517	Thinking Critically
			Student/Teacher	Activity	9780134460383	517	Put it to Use
			Student/Teacher				
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(2) The student understands the role of nutrients in the body. The student is expected to:	(A) classify nutrients and their functions and food sources and compare the nutritive value of various foods	(i) classify nutrients	Student/Teacher	Narrative	9780134460383	5-16	Nutrient Basics: The Building Blocks
			Student/Teacher	Activity	9780134460383	21	Put it to Use
			Student/Teacher				
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(2) The student understands the role of nutrients in the body. The student is expected to:	(A) classify nutrients and their functions and food sources and compare the nutritive value of various foods	(ii) classify [the] functions [of nutrients]	Student/Teacher	Narrative	9780134460383	5-10	Nutrient Basics: The Building Blocks
			Student/Teacher	(Drop-down menu)	9780134460383	21	Put it to Use
			Student/Teacher				
			Student/Teacher				

			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(2) The student understands the role of nutrients in the body. The student is expected to:	(A) classify nutrients and their functions and food sources and compare the nutritive value of various foods	(iii) classify [the] food sources [of nutrients]	Student/Teacher	Narrative	9780134460383	5	Proteins - 1st paragraph
			Student/Teacher	Narrative	9780134460383	8	Carbohydrates - 1st, 2nd, 3rd paragraphs
			Student/Teacher	Activity	9780134460383	21	Put it to Use
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(2) The student understands the role of nutrients in the body. The student is expected to:	(A) classify nutrients and their functions and food sources and compare the nutritive value of various foods	(iv) compare the nutritive value of various foods	Student/Teacher	Narrative	9780134460383	6	First full paragraph
			Student/Teacher	Activity	9780134460383	21	Put it to Use
			Student/Teacher	Activity	9780134460383	49-50	Case Study
			Student/Teacher	Activity	9780134460383	51	Put it to Use #1
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(2) The student understands the role of nutrients in the body. The student is expected to:	(B) assess the effects of nutritional intake on health, appearance, effective job performance, and personal life	(i) assess the effects of nutritional intake on health life	Student/Teacher	Narrative	9780134460383	29-30	How Food Choices Influence Health
			Student/Teacher	Narrative	9780134460383	117	How Diet Affects Your Health
			Student/Teacher	Activity	9780134460383	4	Science Study
			Student/Teacher				
			Student/Teacher				

			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(2) The student understands the role of nutrients in the body. The student is expected to:	(B) assess the effects of nutritional intake on health, appearance, effective job performance, and personal life	(ii) assess the effects of nutritional intake on appearance	Student/Teacher	Narrative	9780134460383	16	bullet points
			Student/Teacher	Narrative	9780134460383	117	2nd bullet point
			Student/Teacher	Activity	9780134460383	20	Case Study
			Student/Teacher	Activity	9780134460383	117	Put it to Use
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(2) The student understands the role of nutrients in the body. The student is expected to:	(B) assess the effects of nutritional intake on health, appearance, effective job performance, and personal life	(iii) assess the effects of nutritional intake on effective job performance	Student/Teacher	Narrative	9780134460383	117	last bullet point
			Student/Teacher	Activity	9780134460383	134	Case Study
			Student/Teacher				
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(2) The student understands the role of nutrients in the body. The student is expected to:	(B) assess the effects of nutritional intake on health, appearance, effective job performance, and personal life	(iv) assess the effects of nutritional intake on personal life	Student/Teacher	Narrative	9780134460383	118	Diet and Stress Management
			Student/Teacher	Activity	9780134460383	117	Put it to Use
			Student/Teacher				
			Student/Teacher				
			Student/Teacher				

			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
			Teacher Only				
(2) The student understands the role of nutrients in the body. The student is expected to:	(C) analyze and apply various dietary guidelines throughout the life cycle, including pregnancy, infancy, childhood, and late adulthood	(i) analyze various dietary guidelines throughout the life cycle, including pregnancy	Student/Teacher	Narrative	9780134460383	42-43	Nutrition Concerns for Pregnant or Soon-to-Be-Pregnant Women
			Student/Teacher	Activity	9780134460383	43	Put it to Use
			Student/Teacher				
			Student/Teacher				
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
			Teacher Only				
(2) The student understands the role of nutrients in the body. The student is expected to:	(C) analyze and apply various dietary guidelines throughout the life cycle, including pregnancy, infancy, childhood, and late adulthood	(ii) analyze various dietary guidelines throughout the life cycle, including infancy	Student/Teacher	Narrative	9780134460383	44	Table 2-4 - Age 0-24 Months
			Student/Teacher	Narrative	9780134460383	37	Models for Nutrition
			Student/Teacher	Activity	9780134460383	45	Put it to use
			Student/Teacher				
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
			Teacher Only				
(2) The student understands the role of nutrients in the body. The student is expected to:	(C) analyze and apply various dietary guidelines throughout the life cycle, including pregnancy, infancy, childhood, and late adulthood	(iii) analyze various dietary guidelines throughout the life cycle, including childhood	Student/Teacher	Narrative	9780134460383	44-45	Table 2-4
			Student/Teacher	Narrative	9780134460383	37	Models for Nutrition
			Student/Teacher	Activity	9780134460383	45	Put it to use
			Student/Teacher				
			Student/Teacher				

			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(2) The student understands the role of nutrients in the body. The student is expected to:	(C) analyze and apply various dietary guidelines throughout the life cycle, including pregnancy, infancy, childhood, and late adulthood	(iv) analyze various dietary guidelines throughout the life cycle, including late adulthood	Student/Teacher	Narrative	9780134460383	37	Models for Nutrition
			Student/Teacher	Narrative	9780134460383	46-48	Nutrition Concerns for Senior Citizens
			Student/Teacher	Activity	9780134460383	45	Put it to use
			Student/Teacher	Activity	9780134460383	114	Write Now
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(2) The student understands the role of nutrients in the body. The student is expected to:	(C) analyze and apply various dietary guidelines throughout the life cycle, including pregnancy, infancy, childhood, and late adulthood	(v) apply various dietary guidelines throughout the life cycle	Student/Teacher	Narrative	9780134460383	37	Models for Nutrition
			Student/Teacher	Narrative	9780134460383	41	Nutrition for All Ages - opening paragraph
			Student/Teacher	Activity	9780134460383	45	Put it to use
			Student/Teacher				
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(2) The student understands the role of nutrients in the body. The student is expected to:	(D) compare personal food intake to recommended dietary guidelines	(i) compare personal food intake to recommended dietary guidelines	Student/Teacher	Narrative	9780134460383	40-41	Tracking Your Diet
			Student/Teacher	Activity	9780134460383	40	Cool Tips
			Student/Teacher	Activity	9780134460383	41	Put it to Use
			Student/Teacher				
			Student/Teacher				

			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(3) The student understands the principles of digestion and metabolism. The student is expected to:	(A) describe the processes of digestion and metabolism	(i) describe the [process] of digestion	Student/Teacher	Narrative	9780134460383	80-85	Introducing the Digestive System - end of section
			Student/Teacher	Activity	9780134460383	79	Science Study
			Student/Teacher				
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(3) The student understands the principles of digestion and metabolism. The student is expected to:	(A) describe the processes of digestion and metabolism	(ii) describe the [process] of metabolism	Student/Teacher	Narrative	9780134460383	79	2nd paragraph
			Student/Teacher	Activity	9780134460383	79	Science Study
			Student/Teacher	Activity	9780134460383	91	Put it Together #7
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(3) The student understands the principles of digestion and metabolism. The student is expected to:	(B) calculate and explain basal and activity metabolisms and factors that affect each	(i) calculate basal metabolism	Student/Teacher	Narrative	9780134460383	95-96	Basal Metabolic Rate (BMR)
			Student/Teacher	Narrative	9780134460383	101	How Many Calories Should I Consume? #2
			Student/Teacher	Activity	9780134460383	114	Tech Connect
			Student/Teacher				
			Student/Teacher				

			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(3) The student understands the principles of digestion and metabolism. The student is expected to:	(B) calculate and explain basal and activity metabolisms and factors that affect each	(ii) calculate activity metabolism	Student/Teacher	Narrative	9780134460383	96	Physical Activity
			Student/Teacher	Activity	9780134460383	97	Put it to Use
			Student/Teacher				
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(3) The student understands the principles of digestion and metabolism. The student is expected to:	(B) calculate and explain basal and activity metabolisms and factors that affect each	(iii) explain basal metabolism	Student/Teacher	Narrative	9780134460383	95-96	Basal Metabolic Rate
			Student/Teacher	Activity	9780134460383	101	How Many Calories Should I Consume? #2
			Student/Teacher				
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(3) The student understands the principles of digestion and metabolism. The student is expected to:	(B) calculate and explain basal and activity metabolisms and factors that affect each	(iv) explain activity metabolism	Student/Teacher	Narrative	9780134460383	96-97	Physical Activity
			Student/Teacher	Activity	9780134460383	97	Put it to Use
			Student/Teacher				
			Student/Teacher				
			Student/Teacher				

			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(3) The student understands the principles of digestion and metabolism. The student is expected to:	(B) calculate and explain basal and activity metabolisms and factors that affect each	(v) explain factors that affect [basal metabolism]	Student/Teacher	Narrative	9780134460383	95-96	Basal Metabolic Rate (BMR)
			Student/Teacher	(Drop-down menu)	9780134460383	101	How Many Calories Should I Consume? #2
			Student/Teacher		9780134460383	114	Tech Connect
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(3) The student understands the principles of digestion and metabolism. The student is expected to:	(B) calculate and explain basal and activity metabolisms and factors that affect each	(vi) explain factors that affect [activity metabolism]	Student/Teacher	Narrative	9780134460383	95-96	Understanding Energy Expenditure
			Student/Teacher	Activity	9780134460383	114	Write Now
			Student/Teacher	Activity	9780134460383	114	Tech Connect
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(3) The student understands the principles of digestion and metabolism. The student is expected to:	(C) apply knowledge of digestion and metabolism when making decisions related to food intake and physical fitness	(i) apply knowledge of digestion when making decisions related to food intake	Student/Teacher	Narrative	9780134460383	98	Genetics and Bodyweight
			Student/Teacher	Narrative	9780134460383	105	Types of Weight-Loss Diets
			Student/Teacher	Narrative	9780134460383	109	How Food Fuels Exercise
			Student/Teacher	Activity	9780134460383	94	Understanding Energy Intake
			Student/Teacher				

			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(3) The student understands the principles of digestion and metabolism. The student is expected to:	(C) apply knowledge of digestion and metabolism when making decisions related to food intake and physical fitness	(ii) apply knowledge of digestion when making decisions related to physical fitness	Student/Teacher	Narrative	9780134460383	109-110	How Food Fuels Exercise
			Student/Teacher	Activity	9780134460383	103	Put it to Use
			Student/Teacher				
			Student/Teacher				
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(3) The student understands the principles of digestion and metabolism. The student is expected to:	(C) apply knowledge of digestion and metabolism when making decisions related to food intake and physical fitness	(iii) apply knowledge of metabolism when making decisions related to food intake	Student/Teacher	Narrative	9780134460383	101-102	How Many Calories Should I Consume?
			Student/Teacher	Activity	9780134460383	113	Case Study
			Student/Teacher				
			Student/Teacher				
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
			Teacher Only				
(3) The student understands the principles of digestion and metabolism. The student is expected to:	(C) apply knowledge of digestion and metabolism when making decisions related to food intake and physical fitness	(iv) apply knowledge of metabolism when making decisions related to physical fitness	Student/Teacher	Narrative	9780134460383	110-111	Calories and Nutrient Balance for Athletes
			Student/Teacher	Activity	9780134460383	110	Put it to Use
			Student/Teacher				
			Student/Teacher				
			Student/Teacher				

			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(3) The student understands the principles of digestion and metabolism. The student is expected to:	(D) locate community resources that promote physical activity and fitness	(i) locate community resources that promote physical activity	Student/Teacher	Narrative	9780134460383	102	Last paragraph and bullet points
			Student/Teacher	Activity	9780134460383	40	Cool Tips
			Student/Teacher	Activity	9780134460383	113	Put it to Use
			Student/Teacher				
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(3) The student understands the principles of digestion and metabolism. The student is expected to:	(D) locate community resources that promote physical activity and fitness	(ii) locate community resources that promote fitness	Student/Teacher	Narrative	9780134460383	102	Last paragraph and bullet points
			Student/Teacher	Activity	9780134460383	40	Cool Tips
			Student/Teacher	Activity	9780134460383	113	Put it to Use
			Student/Teacher				
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(3) The student understands the principles of digestion and metabolism. The student is expected to:	(E) explain the relationship of activity levels and caloric intake to health and wellness, including weight management	(i) explain the relationship of activity levels to health and wellness, including weight management	Student/Teacher	Narrative	9780134460383	93	4th and 5th paragraphs
			Student/Teacher	Narrative	9780134460383	110	Calorie and Nutrient Balance for Athletes
			Student/Teacher	Narrative	9780134460383	96-97	Physical Activity
			Student/Teacher	Activity	9780134460383	114	Write Now
			Student/Teacher	Activity	9780134460383	115	Team Players

			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(3) The student understands the principles of digestion and metabolism. The student is expected to:	(E) explain the relationship of activity levels and caloric intake to health and wellness, including weight management	(ii) explain the relationship of caloric intake to health and wellness, including weight management	Student/Teacher	Narrative	9780134460383	94-95	Understanding Energy Intake
			Student/Teacher	Narrative	9780134460383	107	Diet Sustainability and the Yo-Yo Effect
			Student/Teacher	Activity	9780134460383	114	Write Now
			Student/Teacher	Activity	9780134460383	115	Team Players
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(4) The student demonstrates knowledge of nutritionally balanced diets. The student is expected to:	(A) research the long-term effects of food choices	(i) research the long-term effects of food choices	Student/Teacher	Narrative	9780134460383	117	How Your Diet Affects Your Health
			Student/Teacher	Narrative	9780134460383	29-30	How Food Choices Influence Health
			Student/Teacher	Activity	9780134460383	117	Put it to Use
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(4) The student demonstrates knowledge of nutritionally balanced diets. The student is expected to:	(B) outline strategies for prevention, treatment, and management of diet-related diseases such as diabetes, hypertension, childhood obesity, anorexia, and bulimia	(i) outline strategies for prevention of diet-related diseases	Student/Teacher	Narrative	9780134460383	123	How Lifestyle and Nutrition Affect Diabetes- 1st paragraph
			Student/Teacher	Activity	9780134460383	134	Case Study
			Student/Teacher	Activity	9780134460383	135	Write Now
			Student/Teacher	Activity	9780134460383	135	Tech Connect
			Student/Teacher				

			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(4) The student demonstrates knowledge of nutritionally balanced diets. The student is expected to:	(B) outline strategies for prevention, treatment, and management of diet-related diseases such as diabetes, hypertension, childhood obesity, anorexia, and bulimia	(ii) outline strategies for treatment of diet-related diseases	Student/Teacher	Narrative	9780134460383	122	What is Diabetes? - 2nd paragraph
			Student/Teacher	Narrative	9780134460383	131	How Eating Disorders are Treated
			Student/Teacher	Activity	9780134460383	135	Tech Connect
			Student/Teacher				
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(4) The student demonstrates knowledge of nutritionally balanced diets. The student is expected to:	(B) outline strategies for prevention, treatment, and management of diet-related diseases such as diabetes, hypertension, childhood obesity, anorexia, and bulimia	(iii) outline strategies for management of diet-related diseases	Student/Teacher	Narrative	9780134460383	122	What is Diabetes?
			Student/Teacher	Narrative	9780134460383	131	How Eating Disorders are Treated
			Student/Teacher	Activity	9780134460383	134	Case Study
			Student/Teacher	Activity	9780134460383	135	Tech Connect
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(4) The student demonstrates knowledge of nutritionally balanced diets. The student is expected to:	(C) determine the effects of food allergies and intolerances on individual and family health	(i) determine the effects of food allergies on individual health	Student/Teacher	Narrative	9780134460383	132	Food Allergies
			Student/Teacher	Activity	9780134460383	132	Put it to Use
			Student/Teacher				
			Student/Teacher				
			Student/Teacher				

			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(4) The student demonstrates knowledge of nutritionally balanced diets. The student is expected to:	(C) determine the effects of food allergies and intolerances on individual and family health	(ii) determine the effects of food allergies on family health	Student/Teacher	Narrative	9780134460383	132	Food Allergies - last paragraph
			Student/Teacher	(Drop-down menu)	9780134460383	132	Put it to Use
			Student/Teacher				
			Student/Teacher				
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(4) The student demonstrates knowledge of nutritionally balanced diets. The student is expected to:	(C) determine the effects of food allergies and intolerances on individual and family health	(iii) determine the effects of food intolerances on individual health	Student/Teacher	Narrative	9780134460383	133	Lactose Intolerance, Gluten Intolerance
			Student/Teacher	Activity	9780134460383	132	Put it to Use
			Student/Teacher				
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(4) The student demonstrates knowledge of nutritionally balanced diets. The student is expected to:	(C) determine the effects of food allergies and intolerances on individual and family health	(iv) determine the effects of food intolerances on family health	Student/Teacher	Narrative	9780134460383	132	Food Allergies - last paragraph
			Student/Teacher	Activity	9780134460383	132	Put it to Use
			Student/Teacher				
			Student/Teacher				
			Student/Teacher				

			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(4) The student demonstrates knowledge of nutritionally balanced diets. The student is expected to:	(D) plan diets based on life cycle, activity level, nutritional needs, portion control, and food budget	(i) plan diets based on life cycle	Student/Teacher	Narrative	9780134460383	28	Age bullet point
			Student/Teacher	Narrative	9780134460383	41-46	Nutrition for All Ages
			Student/Teacher	Activity	9780134460383	45	Put it to Use
			Student/Teacher	Activity	9780134460383	43	Put it to Use
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(4) The student demonstrates knowledge of nutritionally balanced diets. The student is expected to:	(D) plan diets based on life cycle, activity level, nutritional needs, portion control, and food budget	(ii) plan diets based on activity level	Student/Teacher	Narrative	9780134460383	110-111	Calories and Nutrient Balance for Athletes
			Student/Teacher	Activity	9780134460383	115	Team Players
			Student/Teacher				
			Student/Teacher				
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(4) The student demonstrates knowledge of nutritionally balanced diets. The student is expected to:	(D) plan diets based on life cycle, activity level, nutritional needs, portion control, and food budget	(iii) plan diets based on nutritional needs	Student/Teacher	Narrative	9780134460383	37	Models for Nutrition
			Student/Teacher	Narrative	9780134460383	110-112	Calories and Nutrient Balance for Athletes
			Student/Teacher	Activity	9780134460383	110	Put it to Use
			Student/Teacher				
			Student/Teacher				

			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(4) The student demonstrates knowledge of nutritionally balanced diets. The student is expected to:	(D) plan diets based on life cycle, activity level, nutritional needs, portion control, and food budget	(iv) plan diets based on portion control	Student/Teacher	Narrative	9780134460383	41	By the Numbers
			Student/Teacher	Activity	9780134460383	41	Put it to Use
			Student/Teacher				
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(4) The student demonstrates knowledge of nutritionally balanced diets. The student is expected to:	(D) plan diets based on life cycle, activity level, nutritional needs, portion control, and food budget	(v) plan diets based on food budget	Student/Teacher	Narrative	9780134460383	62	Cost
			Student/Teacher	Narrative	9780134460383	64	Food Costs and Budgeting
			Student/Teacher	Activity	9780134460383	75	Write Now
			Student/Teacher	Activity	9780134460383	76	Team Players
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(4) The student demonstrates knowledge of nutritionally balanced diets. The student is expected to:	(E) develop examples of therapeutic diets	(i) develop examples of therapeutic diets	Student/Teacher	Narrative	9780134460383	128	Career Close Up - Dietitians
			Student/Teacher	Activity	9780134460383	135	Write Now
			Student/Teacher				
			Student/Teacher				
			Student/Teacher				

			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(4) The student demonstrates knowledge of nutritionally balanced diets. The student is expected to:	(F) analyze advertising claims and fad diets with the recommendations of the Recommended Dietary Allowances	(i) analyze advertising claims with the recommendations of the Recommended Dietary Allowances	Student/Teacher	Narrative	9780134460383	28	First bullet
			Student/Teacher	Activity	9780134460383	51	Put It to Use #3
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(4) The student demonstrates knowledge of nutritionally balanced diets. The student is expected to:	(F) analyze advertising claims and fad diets with the recommendations of the Recommended Dietary Allowances	(ii) analyze fad diets with the recommendations of the Recommended Dietary Allowances	Student/Teacher	Narrative	9780134460383	39-40	Evaluating Sources of Dietary Information
			Student/Teacher	Narrative	9780134460383	106	1st two paragraphs
			Student/Teacher	Activity	9780134460383	40	Cool Tips
			Student/Teacher				
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(4) The student demonstrates knowledge of nutritionally balanced diets. The student is expected to:	(G) analyze current lifestyle habits that may increase health risks	(i) analyze current lifestyle habits that may increase health risks	Student/Teacher	Narrative	9780134460383	29	How Food Choices Influence Health
			Student/Teacher	Activity	9780134460383	29	Hot Topics
			Student/Teacher				
			Student/Teacher				

			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(4) The student demonstrates knowledge of nutritionally balanced diets. The student is expected to:	(H) identify community programs that provide nutrition and wellness services	(i) identify community programs that provide nutrition services	Student/Teacher	Narrative	9780134460383	47	Last paragraph
			Student/Teacher	Activity	9780134460383	52	Tech Connect
			Student/Teacher				
			Student/Teacher				
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(4) The student demonstrates knowledge of nutritionally balanced diets. The student is expected to:	(H) identify community programs that provide nutrition and wellness services	(ii) identify community programs that provide wellness services	Student/Teacher	Narrative	9780134460383	102	Last paragraph and bullet points
			Student/Teacher	Activity	9780134460383	114	Put it in Use #2
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(4) The student demonstrates knowledge of nutritionally balanced diets. The student is expected to:	(I) examine the nutritional value of fast foods and convenience foods	(i) examine the nutritional value of fast foods	Student/Teacher	Narrative	9780134460383	17	first two full paragraphs
			Student/Teacher	Activity	9780134460383	17	By the Numbers
			Student/Teacher	Activity	9780134460383	22	Tech Connect
			Student/Teacher	Activity	9780134460383	74	Put it to Use
			Student/Teacher				

			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(4) The student demonstrates knowledge of nutritionally balanced diets. The student is expected to:	(i) examine the nutritional value of fast foods and convenience foods	(ii) examine the nutritional value of convenience foods	Student/Teacher	Narrative	9780134460383	17	First parragraph
			Student/Teacher	Activity	9780134460383	21	Put It to Use #2
			Student/Teacher				
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(4) The student demonstrates knowledge of nutritionally balanced diets. The student is expected to:	(J) read and interpret food labels	(i) read food labels	Student/Teacher	Narrative	9780134460383	10	Check the Label
			Student/Teacher	Narrative	9780134460383	35-36	Standardizing the Requirements for Food Labeling
			Student/Teacher	Narrative	9780134460383	72	Reading and Interpreting Food Labels
			Student/Teacher	Activity	9780134460383	49-50	Case Study
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(4) The student demonstrates knowledge of nutritionally balanced diets. The student is expected to:	(J) read and interpret food labels	(ii) interpret food labels	Student/Teacher	Narrative	9780134460383	10	Check the Label
			Student/Teacher	Narrative	9780134460383	35-36	Standardizing the Requirements for Food Labeling
			Student/Teacher	Narrative	9780134460383	72	Reading and Interpreting Food Labels
			Student/Teacher	Activity	9780134460383	49-50	Case Study
			Student/Teacher				

			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(4) The student demonstrates knowledge of nutritionally balanced diets. The student is expected to:	(K) examine and explain nutritional serving sizes	(i) examine nutritional serving sizes	Student/Teacher	Narrative	9780134460383	35	Estimated Energy Requirements- AMDR
			Student/Teacher	Activity	9780134460383	41	Put it to Use
			Student/Teacher	Activity	9780134460383	49-50	Case Study
			Student/Teacher				
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(4) The student demonstrates knowledge of nutritionally balanced diets. The student is expected to:	(K) examine and explain nutritional serving sizes	(ii) explain nutritional serving sizes	Student/Teacher	Narrative	9780134460383	35-36	Standardizing Food Labels and Requirements
			Student/Teacher	Activity	9780134460383	41	Put it to Use
			Student/Teacher	Activity	9780134460383	49-50	Case Study
			Student/Teacher				
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(4) The student demonstrates knowledge of nutritionally balanced diets. The student is expected to:	(L) compare organic and green food choices	(i) compare organic food choices	Student/Teacher	Narrative	9780134460383	58	Organic and Sustainable Food Choices/Organic Foods
			Student/Teacher	Activity	9780134460383	76	Tech Connect
			Student/Teacher				
			Student/Teacher				
			Student/Teacher				

			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(4) The student demonstrates knowledge of nutritionally balanced diets. The student is expected to:	(L) compare organic and green food choices	(ii) compare green food choices	Student/Teacher	Narrative	9780134460383	58-59	Organic and Sustainable Food Choices, Sustainable
			Student/Teacher	Activity	9780134460383	76	Tech Connect
			Student/Teacher				
			Student/Teacher				
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(4) The student demonstrates knowledge of nutritionally balanced diets. The student is expected to:	(M) determine sustainable food choices and their impact on society	(i) determine sustainable food choices	Student/Teacher	Narrative	9780134460383	58-59	Sustainable Food Production and Eating Choices
			Student/Teacher	Activity	9780134460383	77	Put It to Use #3
			Student/Teacher				
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(4) The student demonstrates knowledge of nutritionally balanced diets. The student is expected to:	(M) determine sustainable food choices and their impact on society	(ii) determine [the] impact [of sustainable food choices] on society	Student/Teacher	Narrative	9780134460383	59	Bullet Points
			Student/Teacher	Narrative	9780134460383	400	Hot Topics
			Student/Teacher	Activity	9780134460383	290	Write Now
			Student/Teacher				
			Student/Teacher				

			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(5) The student understands safety and sanitation. The student is expected to:	(A) demonstrate safe and sanitary practices in the use, care, and storage of food and equipment	(i) demonstrate safe practices in the use of food	Student/Teacher	Narrative	9780134460383	176	Thawing Frozen Food
			Student/Teacher	Activity	9780134460383	182	Case Study
			Student/Teacher	Activity	9780134460383	182	Put it to Use
			Student/Teacher	Activity	9780134460383	184	Team Players
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(5) The student understands safety and sanitation. The student is expected to:	(A) demonstrate safe and sanitary practices in the use, care, and storage of food and equipment	(ii) demonstrate safe practices in the use of equipment	Student/Teacher	Narrative	9780134460383	197-198	How to Use a Knife
			Student/Teacher	Narrative	9780134460383	172	#1 Clean
			Student/Teacher	Activity	9780134460383	182	Put it to Use
			Student/Teacher	Activity	9780134460383	184	Team Players
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(5) The student understands safety and sanitation. The student is expected to:	(A) demonstrate safe and sanitary practices in the use, care, and storage of food and equipment	(iii) demonstrate safe practices in the care of food	Student/Teacher	Narrative	9780134460383	172-173	Controlling Pests
			Student/Teacher	Narrative	9780134460383	174-176	Storing Food
			Student/Teacher	Activity	9780134460383	182	Case Study
			Student/Teacher	Activity	9780134460383	182	Put it to Use
			Student/Teacher	Activity	9780134460383	184	Team Players

			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(5) The student understands safety and sanitation. The student is expected to:	(A) demonstrate safe and sanitary practices in the use, care, and storage of food and equipment	(iv) demonstrate safe practices in the care of equipment	Student/Teacher	Narrative	9780134460383	210-212	Equipment Safety
			Student/Teacher	Narrative	9780134460383	199-200	Sharpening and Maintaining Knives
			Student/Teacher	Activity	9780134460383	172	Put it to Use
			Student/Teacher				
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(5) The student understands safety and sanitation. The student is expected to:	(A) demonstrate safe and sanitary practices in the use, care, and storage of food and equipment	(v) demonstrate safe practices in the storage of food	Student/Teacher	Narrative	9780134460383	174-176	Storing Food
			Student/Teacher	Activity	9780134460383	182	Case Study
			Student/Teacher	Activity	9780134460383	182	Put it to Use
			Student/Teacher	Activity	9780134460383	184	Team Players
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(5) The student understands safety and sanitation. The student is expected to:	(A) demonstrate safe and sanitary practices in the use, care, and storage of food and equipment	(vi) demonstrate safe practices in the storage of equipment	Student/Teacher	Narrative	9780134460383	224	last paragraph
			Student/Teacher	Activity	9780134460383	224	Science Study
			Student/Teacher				
			Student/Teacher				

			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(5) The student understands safety and sanitation. The student is expected to:	(A) demonstrate safe and sanitary practices in the use, care, and storage of food and equipment	(vii) demonstrate sanitary practices in the use of food	Student/Teacher	Narrative	9780134460383	172-173	Controlling Pests
			Student/Teacher	Activity	9780134460383	183	Put it to Use
			Student/Teacher	Activity	9780134460383	182	Put it to Use
			Student/Teacher	Activity	9780134460383	184	Team Players
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(5) The student understands safety and sanitation. The student is expected to:	(A) demonstrate safe and sanitary practices in the use, care, and storage of food and equipment	(viii) demonstrate sanitary practices in the use of equipment	Student/Teacher	Narrative	9780134460383	201	Maintaining Cutting Boards - 2nd paragraph
			Student/Teacher	Narrative	9780134460383	207	Containers for Storing Food- last paragraph
			Student/Teacher	Activity	9780134460383	217	Team Players - 8th bullet point
			Student/Teacher				
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(5) The student understands safety and sanitation. The student is expected to:	(A) demonstrate safe and sanitary practices in the use, care, and storage of food and equipment	(ix) demonstrate sanitary practices in the care of food	Student/Teacher	Narrative	9780134460383	172-173	Controlling Pests
			Student/Teacher	Activity	9780134460383	183	Put it to Use
			Student/Teacher	Activity	9780134460383	182	Put it to Use
			Student/Teacher	Activity	9780134460383	184	Team Players
			Student/Teacher				

			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(5) The student understands safety and sanitation. The student is expected to:	(A) demonstrate safe and sanitary practices in the use, care, and storage of food and equipment	(x) demonstrate sanitary practices in the care of equipment	Student/Teacher	Narrative	9780134460383	201	Maintaining Cutting Boards - 2nd paragraph
			Student/Teacher	Narrative	9780134460383	207	Containers for Storing Foods - last paragraph
			Student/Teacher	Activity	9780134460383	217	Team Players - 8th bullet point
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(5) The student understands safety and sanitation. The student is expected to:	(A) demonstrate safe and sanitary practices in the use, care, and storage of food and equipment	(xi) demonstrate sanitary practices in the storage of food	Student/Teacher	Narrative	9780134460383	207	Containers for Storing Food - last paragraph
			Student/Teacher	Narrative	9780134460383	174	Storing Food - last paragraph
			Student/Teacher	Activity	9780134460383	239	Put It to Use #3
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(5) The student understands safety and sanitation. The student is expected to:	(A) demonstrate safe and sanitary practices in the use, care, and storage of food and equipment	(xii) demonstrate sanitary practices in the storage of equipment	Student/Teacher	Narrative	9780134460383	224	last paragraph
			Student/Teacher	Activity	9780134460383	224	ScienceSstudy - last paragraph
			Student/Teacher				
			Student/Teacher				

			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(5) The student understands safety and sanitation. The student is expected to:	(B) explain types and prevention of food-borne illnesses	(i) explain types of food-borne illnesses	Student/Teacher	Narrative	9780134460383	165-167	Common Illnesses Caused by Foodborne Hazards
			Student/Teacher	Activity	9780134460383	184	Tech Connect
			Student/Teacher				
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(5) The student understands safety and sanitation. The student is expected to:	(B) explain types and prevention of food-borne illnesses	(ii) explain prevention of food-borne illnesses	Student/Teacher	Narrative	9780134460383	167	2nd full paragraph
			Student/Teacher	Activity	9780134460383	182	Put It to Use
			Student/Teacher	Activity	9780134460383	183	Put It to Use
			Student/Teacher	Activity	9780134460383	184	Tech Connect, Team Players
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(5) The student understands safety and sanitation. The student is expected to:	(C) practice appropriate dress and personal hygiene in food preparation	(i) practice appropriate dress in food preparation	Student/Teacher	Narrative	9780134460383	170-171	Attire that Promotes Food Safety
			Student/Teacher	Activity	9780134460383	182	Put it to Use
			Student/Teacher	Activity	9780134460383	171	Put it to Use
			Student/Teacher				
			Student/Teacher				

			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(5) The student understands safety and sanitation. The student is expected to:	(C) practice appropriate dress and personal hygiene in food preparation	(ii) practice appropriate personal hygiene in food preparation	Student/Teacher	Narrative	9780134460383	169	Grooming and Hygiene for Safe Food Preparation
			Student/Teacher	Activity	9780134460383	182	Put it to Use
			Student/Teacher				
			Student/Teacher				
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
			Teacher Only				
(6) The student demonstrates knowledge of food-management principles. The student is expected to:	(A) read and comprehend standard recipes	(i) read standard recipes	Student/Teacher	Narrative	9780134460383	141	Reading a Recipe and Planning Ahead
			Student/Teacher	Activity	9780134460383	158-159	Put it to Use #1-2
			Student/Teacher	Activity	9780134460383	140	Try it!
			Student/Teacher				
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
			Teacher Only				
(6) The student demonstrates knowledge of food-management principles. The student is expected to:	(A) read and comprehend standard recipes	(ii) comprehend standard recipes	Student/Teacher	Narrative	9780134460383	141	Reading a Recipe and Planning Ahead
			Student/Teacher	Activity	9780134460383	158-159	Put it to Use #1-2
			Student/Teacher	Activity	9780134460383	140	Try it!
			Student/Teacher				
			Student/Teacher				

			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
			Teacher Only				
(6) The student demonstrates knowledge of food-management principles. The student is expected to:	(B) correctly use standard measuring techniques and equipment	(i) correctly use standard measuring techniques	Student/Teacher	Narrative	9780134460383	142-143	Measuring Ingredients
			Student/Teacher	Activity	9780134460383	160	Put It to Use #3
			Student/Teacher	Activity	9780134460383	160	Put It to Use #5
			Student/Teacher				
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
			Teacher Only				
(6) The student demonstrates knowledge of food-management principles. The student is expected to:	(B) correctly use standard measuring techniques and equipment	(ii) correctly use standard measuring equipment	Student/Teacher	Narrative	9780134460383	142-143	Measuring Ingredients
			Student/Teacher	Activity	9780134460383	142	Put It to Use
			Student/Teacher	Activity	9780134460383	161	Put it Together
			Student/Teacher				
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
			Teacher Only				
(6) The student demonstrates knowledge of food-management principles. The student is expected to:	(C) demonstrate correct food-preparation techniques, including nutrient retention	(i) demonstrate correct food-preparation techniques, including nutrient retention	Student/Teacher	Narrative	9780134460383	152	Last paragraph
			Student/Teacher	Narrative	9780134460383	152	Hot Topics
			Student/Teacher	Activity	9780134460383	159	Write Now
			Student/Teacher				
			Student/Teacher				

			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(6) The student demonstrates knowledge of food-management principles. The student is expected to:	(D) use food-buying strategies such as calculating food costs, planning food budgets, and creating grocery lists	(i) use food-buying strategies	Student/Teacher	Narrative	9780134460383	68-69	Buying in Bulk: A Good Deal?
			Student/Teacher	Activity	9780134460383	75	Write Now
			Student/Teacher	Activity	9780134460383	76	Team Players
			Student/Teacher				
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(6) The student demonstrates knowledge of food-management principles. The student is expected to:	(E) demonstrate food-preparation techniques to reduce overall fat and calories	(i) demonstrate food-preparation techniques to reduce overall fat	Student/Teacher	Narrative	9780134460383	147	Trimming the Fat in a Recipe
			Student/Teacher	Activity	9780134460383	159	Write Now
			Student/Teacher				
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(6) The student demonstrates knowledge of food-management principles. The student is expected to:	(E) demonstrate food-preparation techniques to reduce overall fat and calories	(ii) demonstrate food-preparation techniques to reduce calories	Student/Teacher	Narrative	9780134460383	147	Other Ways to Reduce Calories in Food Preparation and Trimming the Fat in a Recipe

			Student/Teacher	Narrative	9780134460383	146	Sugar Substitutes
			Student/Teacher	(Drop-down menu)	9780134460383	160	Put It to Use #4
			Student/Teacher				
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(6) The student demonstrates knowledge of food-management principles. The student is expected to:	(F) practice etiquette, food presentation, and table service appropriate for specific situations	(i) practice etiquette appropriate for specific situations	Student/Teacher	Narrative	9780134460383	232-234	Table Manners for Diners
			Student/Teacher	Narrative	9780134460383	235-236	Ordering, Tipping and Paying in a Restaurant
			Student/Teacher	Activity	9780134460383	238	Write Now
			Student/Teacher	Activity	9780134460383	239	Team Players
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(6) The student demonstrates knowledge of food-management principles. The student is expected to:	(F) practice etiquette, food presentation, and table service appropriate for specific situations	(ii) practice food presentation appropriate for specific situations	Student/Teacher	Narrative	9780134460383	231-232	Food Service/Presentation Etiquette
			Student/Teacher	Activity	9780134460383	238	Write Now
			Student/Teacher	Activity	9780134460383	239	Team Players
			Student/Teacher				
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				

(6) The student demonstrates knowledge of food-management principles. The student is expected to:	(F) practice etiquette, food presentation, and table service appropriate for specific situations	(iii) practice table service appropriate for specific situations	Student/Teacher	Narrative	9780134460383	231-232	Food Service/Presentation Etiquette
			Student/Teacher	Activity	9780134460383	238	Write Now
			Student/Teacher	Activity	9780134460383	239	Team Players
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(6) The student demonstrates knowledge of food-management principles. The student is expected to:	(G) apply food-storage principles	(i) apply food-storage principles	Student/Teacher	Narrative	9780134460383	174-176	Storing Food
			Student/Teacher	Activity	9780134460383	182	Case Study
			Student/Teacher	Activity	9780134460383	183	Put it to Use
			Student/Teacher				
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(7) The student demonstrates effective work habits. The student is expected to:	(A) participate as an effective team member by demonstrating cooperation and responsibility	(i) participate as an effective team member by demonstrating cooperation	Student/Teacher	Narrative	9780134460383	507-508	Cooperating and Collaborating, Developing a Team Relationship
			Student/Teacher	Activity	9780134460383	508	Put it to Use
			Student/Teacher				
			Student/Teacher				
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
			Teacher Only				

(7) The student demonstrates effective work habits. The student is expected to:	(A) participate as an effective team member by demonstrating cooperation and responsibility	(ii) participate as an effective team member by demonstrating responsibility	Student/Teacher	Narrative	9780134460383	515	Taking Responsibility
			Student/Teacher	Activity	9780134460383	515	Put it to Use
			Student/Teacher				
			Student/Teacher				
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
			Teacher Only				
(7) The student demonstrates effective work habits. The student is expected to:	(B) apply effective practices for managing time and energy to complete tasks on time	(i) apply effective practices for managing time to complete tasks on time	Student/Teacher	Narrative	9780134460383	516	Managing Time
			Student/Teacher	Activity	9780134460383	516	Put it to Use
			Student/Teacher				
			Student/Teacher				
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
			Teacher Only				
(7) The student demonstrates effective work habits. The student is expected to:	(B) apply effective practices for managing time and energy to complete tasks on time	(ii) apply effective practices for managing energy to complete tasks on time	Student/Teacher	Narrative	9780134460383	516	Managing Time - last bullet point
			Student/Teacher	Activity	9780134460383	516	Put it to Use
			Student/Teacher				
			Student/Teacher				
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
			Teacher Only				

(7) The student demonstrates effective work habits. The student is expected to:	(C) practice problem solving using leadership and teamwork skills	(i) practice problem solving using leadership skills	Student/Teacher	Narrative	9780134460383	508	Being a Leader
			Student/Teacher	Activity	9780134460383	515	Put it to Use
			Student/Teacher	Activity	9780134460383	508	Put it to Use
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
			Teacher Only				
(7) The student demonstrates effective work habits. The student is expected to:	(C) practice problem solving using leadership and teamwork skills	(ii) practice problem solving using teamwork skills	Student/Teacher	Narrative	9780134460383	508	Developing a Team Relationship
			Student/Teacher	Narrative	9780134460383	509	Being a Team Member
			Student/Teacher	Activity	9780134460383	508	Put it to Use
			Student/Teacher				
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
			Teacher Only				
(7) The student demonstrates effective work habits. The student is expected to:	(D) use presentation skills to communicate and apply knowledge about careers in consumer services	(i) use presentation skills to communicate	Student/Teacher	Narrative	9780134460383	505	Verbal Communication, 2nd full paragraph
			Student/Teacher	Activity	9780134460383	518	Write Now
			Student/Teacher	Activity	9780134460383	519	Put it to Use #3
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
			Teacher Only				

(7) The student demonstrates effective work habits. The student is expected to:	(D) use presentation skills to communicate and apply knowledge about careers in consumer services	(ii) use presentation skills to apply knowledge about careers in consumer services	Student/Teacher	Narrative	9780134460383	485	2nd full paragraph
			Student/Teacher	Activity	9780134460383	519	Put it to Use #2
			Student/Teacher	Activity	9780134460383	485	Put it to Use
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(8) The student investigates careers in nutrition. The student is expected to:	(A) compare and contrast education or training needed for careers in nutrition	(i) compare and contrast education or training needed for careers in nutrition	Student/Teacher	Narrative	9780134460383	488-489	Education
			Student/Teacher	Activity	9780134460383	499	Put it to Use
			Student/Teacher				
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(8) The student investigates careers in nutrition. The student is expected to:	(B) establish personal short- and long-term career goals	(i) establish personal short-term career goals	Student/Teacher	Narrative	9780134460383	514	1st paragraph
			Student/Teacher	Activity	9780134460383	514	Put it to Use
			Student/Teacher	Activity	9780134460383	519	Put it to Use #1
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				

(8) The student investigates careers in nutrition. The student is expected to:	(B) establish personal short- and long-term career goals	(ii) establish personal long-term career goals	Student/Teacher	Narrative	9780134460383	514	2nd and 3rd paragraphs, bullet points
			Student/Teacher	Activity	9780134460383	514	Put it to Use
			Student/Teacher	Activity	9780134460383	519	Put it to Use #1
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(8) The student investigates careers in nutrition. The student is expected to:	(C) analyze entrepreneurial opportunities in nutrition	(i) analyze entrepreneurial opportunities in nutrition	Student/Teacher	Narrative	9780134460383	500	Dietician - 2nd paragraph
			Student/Teacher	Activity	9780134460383	499	Put it to Use
			Student/Teacher				
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				
(8) The student investigates careers in nutrition. The student is expected to:	(D) apply a problem-solving approach to a business challenge or opportunity to improve sustainability efforts while maintaining or increasing profits and/or organizational health	(i) apply a problem-solving approach to a business challenge or opportunity to improve sustainability efforts while maintaining or increasing profits and/or organizational health	Student/Teacher	Narrative	9780134460383	504	Ability to problem solve
			Student/Teacher	Activity	9780134460383	519	Put it to Use #3
			Student/Teacher				
			Student/Teacher				
			Teacher Only	Narrative			
			Teacher Only	(Drop-down menu)			
			Teacher Only				
			Teacher Only				