

| SUBJECT: Career and Technical Education | | CORRELATION |
|--|--|---|
| GRADE LEVEL: | 9, 10, 11, 12 | FLORIDA DEPARTMENT OF EDUCATION |
| COURSE TITLE: | Nutrition and Wellness | INSTRUCTIONAL MATERIALS CORRELATION |
| COURSE CODE: | 8500355 | COURSE STANDARDS / BENCHMARKS |
| SUBMISSION TITLE: | <i>Guide to Good Food</i> | |
| BID ID: | 3047 | |
| PUBLISHER: | Goodheart-Willcox Publisher | |
| PUBLISHER ID: | 36213599401 | |
| BENCHMARK CODE | BENCHMARK | LESSONS WHERE BENCHMARK IS DIRECTLY ADDRESSED IN-DEPTH IN MAJOR TOOL (Include the student edition and teacher edition with the page numbers of lesson, a link to lesson, or other identifier for easy lookup by reviewers.) |
| MAFS.912.A-CED.1.1; MAFS.912.A-CED.1.2; MAFS.912.A-REI.1.1; MAFS.912.A-REI.2.3; MAFS.912.A-SSE.1.1; MAFS.912.N-Q.1.2 LAFS.910.L.2.3 | Apply guidelines for using the MyPlate food guide to plan daily food choices and maintain wellness. | 3, 56, 63–68, 77–78, 80, 82–83, 87, 92, 94, 110–111, 117–121, 126, 197-201, 204, 213–214, 262, 272, 285, 290, 300, 318, 332, 350, 388 |
| LAFS.910.L.3.4; LAFS.910.SL.1.1 SC.912.L.18.2; SC.912.L.18.3; SC.912.L.18.4 14.2.1 | Describe the functions and sources of nutrients. | 25–54 |
| LAFS.910.L.2.3; LAFS.910.W.3.7 | Identify the effects of nutrient deficiencies and excesses. | 29–31, 35–50, 53–55, 96 |
| MAFS.912.A-CED.1.1; MAFS.912.A-REI.1.1; MAFS.912.A-REI.2.3; MAFS.912.A-SSE.1.1; MAFS.912.N-Q.1.2 LAFS.910.W.1.3 | Interpret the nutrition information found on food labels. | 69–71, 78, 225–227, 230–231 |
| MAFS.912.N-Q.1.1; MAFS.912.N-Q.1.2; MAFS.912.N-Q.1.3 | Use comparative shopping techniques to determine the best value for the food dollar. | 216–232 |
| MAFS.912.N-Q.1.1; MAFS.912.N-Q.1.2; MAFS.912.N-Q.1.3 LAFS.910.RI.1.1; LAFS.910.W.1.1 | Evaluate advertisements, news reports and other information related to nutrition and wellness. | 12–14, 23–24, 78, 222–225, 228, 231 |
| LAFS.910.SL.1.1; LAFS.910.W.2.6; LAFS.910.W.4.10 SC.912.L.17.18; SC.912.L.17.20 | Discuss causes of food shortages and possible ways to control global food problems. | 16–24, 54, 98–99, 102 |
| MAFS.912.A-CED.1.1; MAFS.912.A-CED.1.2; MAFS.912.A-REI.1.1; MAFS.912.A-REI.2.3; MAFS.912.A-SSE.1.1; MAFS.912.N-Q.1.2 | Distinguish between the differences and similarities of the nutritional needs of the athlete and the average person. | 80–103, 109–111, 125–126 |
| MAFS.912.A-CED.1.2; MAFS.912.A-REI.2.3 LAFS.910.W.2.6; LAFS.910.RI.1.1; LAFS.910.RI.3.8 | Describe methods to determine whether a person's weight is at a healthy level. | 104–127 |

| | | |
|--|---|-----------------------|
| MAFS.912.N-Q.1.2; MAFS.912.A-SSE.1.1; MAFS.912.A-CED.1.1; MAFS.912.A-CED.1.2; MAFS.912.A-REI.1.1; MAFS.912.A-REI.2.3 | Design a nutrition and exercise program to meet individual needs. | 25–127 |
| MAFS.912.A-CED.1.1; MAFS.912.A-CED.1.2; 8.2.5; 9.4.1 | Establish guidelines for weight maintenance. | 104–127 |
| MAFS.912.A-CED.1.1; MAFS.912.A-REI.2.3 LAFS.910.RI.3.8; LAFS.910.SL.1.1; LAFS.910.W.4.10 | Analyze the causes of weight problems and eating disorders. | 112–127 |
| LAFS.910.RI.3.8; LAFS.910.SL.1.1; LAFS.910.W.4.10 SC.912.L.14.6; SC.912.L.17.20 | Determine the effects of eating disorders on self, family and others. | 122–127 |
| LAFS.910.SL.1.1; LAFS.910.W.1.2 4.4.4; 14.1.2; | Explain how to encourage healthful eating habits for people in every stage of the life cycle. | 80–103 |
| MAFS.912.A-CED.1.1; MAFS.912.A-CED.1.2; MAFS.912.A-REI.1.1; MAFS.912.A-REI.2.3; MAFS.912.A-SSE.1.1; | Develop a plan by which persons with medical conditions or physical impairments can meet their nutritional needs. | 96–98, 103 |
| LAFS.910.SL.1.1; LAFS.910.W.1.3 | Coordinate a work plan and schedule in preparing a meal. | 233, 243–247, 253–254 |
| MAFS.912.A-CED.1.1; MAFS.912.A-CED.1.2; MAFS.912.A-REI.1.1; MAFS.912.A-REI.2.3; MAFS.912.A-SSE.1.1;MAFS.912.N-Q.1.1 | Plan menus considering nutritional needs, schedules, budget, aesthetics and food preferences. | 197–215 |
| LAFS.910.SL.1.1 SC.912.L.17.20; SC.912.N.4.2 | Identify roles and responsibilities of family members in planning, preparing and serving foods. | 198, 246–247, 423–428 |
| LAFS.910.W.1.3 4.4.4; 8.4.2; 8.5.13; | Identify meal-planning strategies for families with busy schedules. | 11, 90, 92, 208–214 |
| LAFS.910.SL.1.1; LAFS.910.W.3.7 | Plan appropriate table settings and service. | 157–162, 426–428, 437 |
| LAFS.910.SL.1.1 | Demonstrate socially acceptable table manners and etiquette. | 429–430, 434, 437–438 |
| LAFS.910.RI.1.1; LAFS.910.W.1.1 9.6.4 | Analyze recipes to determine the elements of a well-written, complete recipe. | 233–240 |

| | | |
|--|--|---|
| SC.912.P.8.1; SC.912.P.8.2; SC.912.P.10.4; SC.912.P.12.12 | Use recipes to prepare a variety of foods. | 233–240, 247–255, 358, 384, 403–404, 420–421 , 498–499, 502–503, 507–508, 510–511, 513–514, 516–518, 521, 529–531, 543–545, 553–555, 56 |
| MAFS.912.N-Q.1.2; MAFS.912.N-Q.1.3 | Demonstrate proper procedures for measuring various types of ingredients. | 241–243, 255 |
| 8.2.8 | Practice safety and sanitation procedures in food preparation. | 73, 128–147 |
| 8.3.1; 8.3.2; 8.3.5; 8.3.6; | Demonstrate the use and care of large and small equipment. | 164–196 |
| 8.2.8; 9.2.6; 9.2.7 | Clean and maintain food preparation areas. | 73, 133–134, 136–137, 139, 141, 145–147, 151–152, 155–156, 159, 169, 171–172 |
| LAFS.910.SL.1.1; LAFS.910.W.1.2 SC.912.P.8.1 8.2.1; 9.2.1; | Explain how proper food-handling practices can prevent food-borne illnesses. | 82, 95, 128–139, 145–147, 185, 319, 326, 340, 344, 351, 353, 364, 365, 436, 441, 444, 448 |
| LAFS.910.SL.1.1; LAFS.910.RI.3.8; LAFS.910.RI.1.1 SC.912.P.8.1; SC.912.P.8.2 | Discuss causes, signs and preventions of food contamination. | 129–130, 132, 134, 145–146, 326, 353, 358, 441, 444 |
| MAFS.912.A-CED.1.1; MAFS.912.A-REI.2.3 LAFS.910.SL.1.1; LAFS.910.W.1.1 2.4.1; 9.1.2 | Discuss the impact of food-related technology in the food industry and in the home. | 20–21, 55, 147, 163, 167–168, 173–174, 180, 196, 210, 215, 232, 270, 287, 316, 330, 348, 358, 371, 385, 404, 455 |
| LAFS.910.SL.1.1; LAFS.910.W.1.1 | Practice ways to preserve foods while retaining quality and nutrients. | 440–455 |
| LAFS.910.SL.1.1 8.1.1; 8.1.2; 8.1.3 | Work cooperatively as a group member to achieve organizational responsibilities. | 23, 246–247, 467, 479–480 |
| LAFS.910.W.1.2; LAFS.910.W.2.4 8.1.1; 8.1.6; 9.1.6 | Identify purpose/function of leadership roles and demonstrate confidence in organizational responsibilities. | 246–247, 254, 418, 467, 482–483, 486–487 |