

# Healthy Cooking

Instructor	Email	Phone Ext.	Room #
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## Prerequisites

FACE

## Text/Materials/Resources

Foods for Today, seventh edition by Helen Kowtaluk, Internet recipe and information searches

## Description

Are you interested in eating healthier? This class will teach you how to prepare a variety of fast, easy and healthy food items using ingredients that you may already have in your home.

## Essential Questions

1. How does nutrition play a role in your life?
2. Why is knowing the functions and sources of the 6 key nutrients important to your meal planning?
3. How do the influences of society affect your food choices?
4. What is a superfood and why is it considered a superfood?
5. What are healthy ways to prepare baked goods?
6. What are healthy options when eating out?

[Link to Learning Targets](#)

## Required Student Materials

Notebooks  
Pens and pencils  
Positive Attitude

## Evaluation

Grades will be determined based on a percentage of total points. Each activity, lab, quiz, project, presentations and test will be assigned a specific value.

## Student Expectations

Come to class on time and prepared to learn  
Be respectful  
Clean up after yourself  
Work cooperatively with others