

Fresh Start Foods “Healthy Families” Initiative

Healthy Lifestyles 9th Grade Curriculum Guide

The curriculum outlined below provides a year-long teaching guide for introducing 9th grade students to the world of healthy living, the essential role that food plays in maintaining individual and family health, and basic culinary and food preparation techniques. The curriculum is designed for hands-on learning and to encourage students and their families to be involved together in learning about and practicing healthier eating habits. In addition, opportunities will be offered for students to volunteer after school in a community garden and participate in other community building activities.

The curriculum is structured as weekly modules extending across four multi-week terms, providing a full year education experience for students and families.

Key to instructional terms used: CA Culinary Arts kitchen class
 HOC Hands-on class
 HLS Block Healthy Lifestyles Skills

Weeks	Instructional Content	Family and Community Engagement
Term One:		
<i>Week 1</i>	<ul style="list-style-type: none"> ▪ Orientation (2 days) ▪ Intro to Healthy Lifestyle Living Skills (3 days) <ul style="list-style-type: none"> ○ Let’s Get Active! ○ Turn off Your Technology ○ Making the Change to Healthy Foods ○ Establishing Scholastic and Personal Goals ○ Creating a Positive Social Circle ○ Yoga, Meditation and Mindfulness ○ Best Practices for Healthy Teenage Lifestyle <ul style="list-style-type: none"> ○ Mental Health Issues ○ Reducing the influence of smoking, drugs and alcohol ○ Finding purpose and developing self-esteem ○ Budgeting and Money ○ Dealing with emergencies ○ Managing time 	<ul style="list-style-type: none"> ▪ Family Saturday/Week night <ul style="list-style-type: none"> ○ Overview of Healthy Lifestyle Curriculum ○ Supporting your student ○ Strategies to incorporate healthy lifestyle skills into your family ○ “Family Pledge” and commitment to students Healthy Living Skills
<i>Week 2</i>	<ul style="list-style-type: none"> ▪ CA- Intro to Basic Kitchen Sanitation (2 days) ▪ HLS- Intro to Exercise-Getting Active (3 days) <ul style="list-style-type: none"> ○ The effects of sedentary lifestyles ○ Benefits of getting involved in sports/teams ○ How to incorporate exercise into your daily life 	
<i>Week 3</i>	<ul style="list-style-type: none"> ▪ CA-Intro to Basic Sanitation & Safety (2 days) ▪ HLS –Intro to Technology and How it effects our brains (3 days) <ul style="list-style-type: none"> ○ Pros and Cons of technology in our lives ○ Ways to find balance (limiting our usage) ○ Alternatives to technology in our daily lives 	
<i>Week 4</i>	<ul style="list-style-type: none"> ▪ CA-Intro to the History of Culinary Arts (2 days) ▪ HLS- Intro to Eating Healthy Foods (3 days) <ul style="list-style-type: none"> ○ Fast food vs. fresh foods ○ Our bodies on junk foods ○ The path to better food decisions 	
<i>Week 5</i>	<ul style="list-style-type: none"> ▪ CA- Intro to Careers in Food Service (2 days) ▪ HLS- Intro to Healthy Foods #2 (3 days) <ul style="list-style-type: none"> ○ Sugars in our drinks 	<ul style="list-style-type: none"> ▪ Family Saturday/Week night <ul style="list-style-type: none"> ○ Overview of Intro to Healthy Foods ○ Small changes/big impact

	<ul style="list-style-type: none"> ○ Hidden fat, sodium and additives in our food sources ○ Fresh Foods -Ingredient ID 	<ul style="list-style-type: none"> ○ Importance of eating as a family ○ “Family Pledge” to work with students to eat as a family
Week 6	<ul style="list-style-type: none"> ▪ CA/HOC- Intro to Professional Knife Skills (2 days) <ul style="list-style-type: none"> ○ French Knife ○ Pivot point ▪ HLS/HOC- Intro to Healthy Foods #3 (3 days) <ul style="list-style-type: none"> ○ Replacing boxed/junk food with healthy alternatives ○ Prepping 2 healthy after-school snack recipes ○ Sharing recipes- take home to family 	
Week 7	<ul style="list-style-type: none"> ▪ CA/HOC- Intro to Professional Knife Skills (2 days) <ul style="list-style-type: none"> ○ Sharpening/Honing the knife ▪ HLS/HOC- Intro to Healthy Foods #4 (3 days) <ul style="list-style-type: none"> ○ Preparing 2 healthy cookie recipes ○ Preparing cookie share with faculty/family 	
Week 8	<ul style="list-style-type: none"> ▪ CA/HOC- Knife Skills practice (3 days) ▪ CA & HLS- Review for test (2 days) <ul style="list-style-type: none"> ○ Term Test 	<ul style="list-style-type: none"> ▪ Parent/student restaurant visit <ul style="list-style-type: none"> ○ Gathering at a local restaurant ○ Enjoy and learn about a unique cuisine
Term Two:		
Week 9	<ul style="list-style-type: none"> ▪ CA- Working with Recipes (2 days) ▪ HLS- Nutrition block (4 weeks) (keep a journal for a week) 	
Week 10	<ul style="list-style-type: none"> ▪ CA- Working with Recipes (2 days) ▪ HLS- Nutrition block (Food Pyramid) (3 days) 	
Week 11	<ul style="list-style-type: none"> ▪ CA- Recipes, Measurements and Conversions (2 days) ▪ HLS- Nutrition Block (3 days) 	
Week 12	<ul style="list-style-type: none"> ▪ CA- Cooking the foods we eat ▪ HLS- Nutrition block (3 days) 	
Week 13	<ul style="list-style-type: none"> ▪ CA/HOC- Ways to Cook (2 days) <ul style="list-style-type: none"> ○ Sauté ○ Steam ○ Roast ○ Bake ○ Small Sauté with fresh veggies- ▪ HLS/HOC- Healthy Appetizer recipes (3 days) <ul style="list-style-type: none"> ○ 2 days prep ○ Preparing simple luncheon to share faculty/family day social luncheon, families to bring entrees 	<ul style="list-style-type: none"> ▪ Family Saturday/Week night <ul style="list-style-type: none"> ○ Recipe packet for family use ○ Nutrition basics ○ “Family Pledge” to work with student preparing healthy recipes
Week 14	<ul style="list-style-type: none"> ▪ CA/HOC- Intro to Soups (3 days) <ul style="list-style-type: none"> ○ 3 kinds of Soup ○ Soups in recipes ○ Prep healthy soups ○ Share with family –take home ▪ HLS- Review for Nutrition Test (2 days) <ul style="list-style-type: none"> ○ Nutrition Test 	
Week 15	<ul style="list-style-type: none"> ▪ CA/HOC- Intro to Salads (2 days) <ul style="list-style-type: none"> ○ Identify Greens ○ Salad dressings ▪ HLS- Establishing Scholastic Goals (3 days) <ul style="list-style-type: none"> ○ SMART goal setting for high school students ○ Engaging in best practices for highly successful students ○ “Family Pledge” to support student with scholastic goals 	<ul style="list-style-type: none"> ▪ Parent/student restaurant visit
Week 16	<ul style="list-style-type: none"> ▪ CA/HOC- Intro to Salads #2 (2 days) <ul style="list-style-type: none"> ○ Working with Salad recipes 	

	<ul style="list-style-type: none"> ▪ HLS- Establishing Personal Goals (3 days) <ul style="list-style-type: none"> ○ “Family Pledge” to assist student with personal goals 	
Week 17	<ul style="list-style-type: none"> ▪ CA & HLS- Review for Term Test (2 days) ▪ 2nd Term Test ▪ CA & HLS/HOC- Salads and Soups Cookout (3 days) ▪ Preparing healthy salads and soups for faculty and family luncheon 	<ul style="list-style-type: none"> ▪ Family Saturday/Week night
Term Three:		
Week 18	<ul style="list-style-type: none"> ▪ CA/HOC- Intro to Vegetable Cookery (2 days) <ul style="list-style-type: none"> ○ ID Vegetables ○ Vegetables in Recipes ▪ HLS- Creating a Positive Social Circle (3 days) <ul style="list-style-type: none"> ○ Getting the support you need ○ Excluding negative influences ○ Personality traits ○ Benefits from positive reinforcement 	
Week 19	<ul style="list-style-type: none"> ▪ CA/HOC- Intro to Vegetable Cookery #2 (2 days) <ul style="list-style-type: none"> ○ Healthy vegetable recipes ▪ HLS-Creating a Positive Social Circle #2 (3 days) <ul style="list-style-type: none"> ○ Building positive relationships ○ Ways to improve your social life; building social skills ○ Teen friendships 	
Week 20	<ul style="list-style-type: none"> ▪ CA/HOC- Intro to Fruits (2 days) <ul style="list-style-type: none"> ○ ID Fruit ○ Sampling fruit ▪ HLS- Creating a Positive Social Circle #3 (3 days) 	<ul style="list-style-type: none"> ▪ Family Saturday/Week night <ul style="list-style-type: none"> ○ Helping your teen develop a positive social circle ○ “Family Pledge” to support a positive social circle for your teen
Week 21	<ul style="list-style-type: none"> ▪ CA/HOC- Intro to Fruits #2 (2 days) <ul style="list-style-type: none"> ○ Fruit in recipes ▪ HLS- Yoga, Meditation and Mindfulness (3 days) <ul style="list-style-type: none"> ○ Benefits of 3 practices ○ Beginner Yoga (2 days) 	<ul style="list-style-type: none"> ▪ Parent/ student restaurant visit
Week 22	<ul style="list-style-type: none"> ▪ CA/HOC- Intro to Fruits #2 (2 days) <ul style="list-style-type: none"> ○ Fruit in recipes ▪ HLS- Yoga, Meditation and Mindfulness (3 days) <ul style="list-style-type: none"> ○ Benefits of 3 practices ○ Beginner Yoga (2 days) 	
Week 23	<ul style="list-style-type: none"> ▪ CA/HOC- Intro to Grains #1 (2 days) <ul style="list-style-type: none"> ○ ID Rice around the world ○ Rice in recipes ▪ HLS- Beginner Yoga (3 days) 	
Week 24	<ul style="list-style-type: none"> ▪ CA/HOC- Intro to Potatoes (2 days) <ul style="list-style-type: none"> ○ ID Potatoes ○ Cooking with Potatoes ▪ HLS- Beginner Meditation (3 days) 	
Week 25	<ul style="list-style-type: none"> ▪ CA/HOC- Intro to Pasta (3 days) ▪ ID Pasta ▪ Using healthy recipes for nutrient rich pasta dishes ▪ HLS- Learning about Mindfulness (2 days) 	
Week 26	<ul style="list-style-type: none"> ▪ CA/HLS-Prepare for Term test (2 days) <ul style="list-style-type: none"> ○ Term Test ▪ Students help create end of term family gathering (3 days) ▪ Includes menu design, table centerpieces, recipe packet 	
	<ul style="list-style-type: none"> ▪ Students help create faculty/family menu (5 days) 	<ul style="list-style-type: none"> ▪ Family Saturday/Week Night

Week 27	<ul style="list-style-type: none"> ▪ 5-day prep & serve for family Saturday/week night 	<ul style="list-style-type: none"> ○ Intro to Yoga, Meditation & Mindfulness ○ “Family Pledge” to support student ○ Family enjoys menu created by students & takes home recipes to use at home
Term Four:		
Week 28	<ul style="list-style-type: none"> ▪ CA/HOC- Intro to Breakfast foods (2 days) <ul style="list-style-type: none"> ○ Breakfast Foods I.D. ○ Best choices for a healthy breakfast ▪ HLS- Best Practices for Healthy Teenage Lifestyle (3 days) <ul style="list-style-type: none"> ○ Overview of the unit ○ Mental Health Issues 	
Week 29	<ul style="list-style-type: none"> ▪ CA/HOC- Intro to Sandwiches (2 days) <ul style="list-style-type: none"> ○ Sandwiches from around the world ○ Healthy sandwich choices ▪ HLS- Best Practices- Drug & Alcohol Influences (3 days) <ul style="list-style-type: none"> ○ Top reasons why teens abuse drugs and alcohol ○ Avoiding addiction ○ Resisting peer pressure 	<ul style="list-style-type: none"> ▪ Parent/student restaurant visit
Week 30	<ul style="list-style-type: none"> ▪ CA/HOC-Intro to Whole Meal Stir-Fries (2 days) <ul style="list-style-type: none"> ○ Key ingredients to healthier dinners ○ Prep first day, cook and eat 2nd day ▪ HLS- Best Practices (3 days) <ul style="list-style-type: none"> ○ Finding purpose and developing self-esteem ○ Self-esteem building activities ○ Feeling good about yourself 	
Week 31	<ul style="list-style-type: none"> ▪ CA/HOC- Intro to Baking Basics #1 (2 days) <ul style="list-style-type: none"> ○ Baking 101 ○ Basic traditional ingredients/alternative healthy ingredients ○ Prep healthy granola bars ▪ HLS - Best Practices (3 days) <ul style="list-style-type: none"> ○ Budgeting and money ○ Making good spending decisions 	
Week 32	<ul style="list-style-type: none"> ▪ CA/HOC Intro to Baking Basics #2 (2 days) <ul style="list-style-type: none"> ○ Quick breads using less fat/less sugar ▪ HLS- Best Practices <ul style="list-style-type: none"> ○ Dealing with emergencies ○ Emergency preparedness ○ From grease fires to home injuries 	
Week 33	<ul style="list-style-type: none"> ▪ HLS/HOC – Choosing a student food project <ul style="list-style-type: none"> ○ Project based on what students want to do next year ○ For those choosing academics, focus on diet, academic learning related to food history and culture. ○ For those choosing a chef’s program, focus on defining interests and what helps them move forward 	
Week 34	<ul style="list-style-type: none"> ▪ CA/HOC/HLS Family Week (5 days) 	<ul style="list-style-type: none"> ▪ Last Family Workshop on Best Practices <ul style="list-style-type: none"> ○ Family “pledge” to support best practices Faculty/Family dinner, families and students cook together ○ Students create table settings, menu, recipe packets and prep the dinner.
Week 35	<ul style="list-style-type: none"> ▪ Prepare & Study for Final Exam (3 days) ▪ Final Exam (2 days) 	
Week 36	<ul style="list-style-type: none"> ▪ Cleaning/packing for summer break (5) 	