

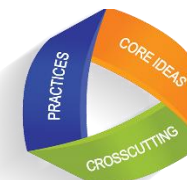


Dubai International Private School -Br

DIPS, in partnership with parents and community, strives to prepare every Student to be digitally literate, a lifelong learner, and a productive citizen



Dubai International School - Al Quoz Science Department (Grades 4-12) Curriculum Annual Plan



Grade: 12 • Subject: Health and Food Science • Year: 2024-2025

MCGRAW HILL – HUMAN NUTRITION

TERM-I - QUARTER- I

PE Code	DCIs	Chapter	Topic	Learning Objectives	Week No. & Date	No. of Periods
Standard 1: Essential Concepts	1.2.N Research and discuss the practical use of current research-based guidelines for a nutritionally balanced diet.	Ch.1	Introduction to Nutrition - Applying Scientific Process to Nutrition	- Introduce general scientific nutritive experiments using science skills to determine the validity of studies conducted.	W1: 26/8 TILL 30/8	4
Standard 1: Essential Concepts	1.3.N Explain the importance of variety and moderation in food selection and consumption.	Ch.3	Basis of Healthy Diet-Essential Elements	- Create a list showing at least four elements important to health. - Conclude the reasons for the toxicity of some essential elements.	W2: 2/9 TILL 6/9	4

Standard 1: Essential Concepts	1.3.N Explain the importance of variety and moderation in food selection and consumption.	Ch.3	Basis of Healthy Diet-Essential Elements	<ul style="list-style-type: none"> - Investigate the difference between bulk, trace, and macro minerals. - Recognize how can elements that are present in such minuscule amounts have large effects on an organism's health 	W3: 9/9 TILL 13/9	4
STDs 6 & 7 Standard 6: Goal Setting & Standard 7: Practicing Health- Enhancing Behaviors	<p>6.3.N Create a personal nutrition and physical activity plan based on current guidelines.</p> <p>7.1.N Select healthy foods and beverages in a variety of settings.</p> <p>7.2.N Critique one's personal diet for overall balance of key nutrients.</p>	Ch.4	Human Digestion, Absorption and Transport	<ul style="list-style-type: none"> - Distinguish between mechanical and chemical digestion using science skills applications. - Examine & analyze the properties of enzymes. 	W4: 16/9 TILL 20/9	4
STDs 6 & 7 Standard 6: Goal Setting & Standard 7: Practicing Health-	<p>6.3.N Create a personal nutrition and physical activity plan based on current guidelines.</p> <p>7.1.N Select healthy foods and beverages in a variety of settings.</p>	Ch.4	Human Digestion, Absorption and Transport	<ul style="list-style-type: none"> - Explore the role of enzyme specificity in chemical digestion. - Trace the route of nutrients following digestion. 	W5: 23/9 TILL 27/9	4

Enhancing Behaviors	7.2.N Critique one's personal diet for overall balance of key nutrients.					
Standard 1: Essential Concepts	1.4.N Describe dietary guidelines, food groups, nutrients, and serving sizes for healthy eating habits.	Ch.5	Carbohydrates: Simple Sugars and Complex Chains	<ul style="list-style-type: none"> - Classify the different categories of carbohydrates and infer their importance. - Examine the characteristics of simple CHO. 	W6: 30/9 TILL 4/10	4
Standard 2: Analyzing Influences	<p>2.1.N Evaluate internal and external influences that affect food choices.</p> <p>2.2.N Assess personal barriers to healthy eating and physical activity.</p>	Ch.5	Carbohydrates: Simple Sugars and Complex Chains	<p>Use context clues from a scientific article to:</p> <ol style="list-style-type: none"> 1. Examine and recognize the characteristics of CHO and its general digestion process. 2. Explain how glucose is absorbed into blood stream. 3. Explain an integrated understanding of ingestion, digestion, and assimilation of carbohydrates. 4. 	W7: 7/10 TILL 11/10	4
Standard 1: Essential Concepts	1.4.N Describe dietary guidelines, food groups, nutrients, and serving sizes for healthy eating habits.	Ch.6	Lipids: Not Just Fats	<ul style="list-style-type: none"> - Classify the different categories of lipids and infer their importance. - Examine the characteristics of saturated and unsaturated fatty acids. 	W8: 14/10 TILL 18/10	4

Standard 2: Analyzing Influences	<p>2.1.N Evaluate internal and external influences that affect food choices.</p> <p>2.2.N Assess personal barriers to healthy eating and physical activity.</p>	Ch.6	Lipids: Not Just Fats	<p>Use context clues from a scientific article to:</p> <ol style="list-style-type: none"> 1. Examine and recognize the characteristics of lipids and its general digestion process. 2. How when a fat is partially hydrogenated, some of the double bonds change from <i>cis</i> to <i>trans</i>. 3. Compare and contrast between the ingestion, digestion, and assimilation of lipids. 4. 	<p>W9: 21/10 TILL 25/10</p>	4
END OF QUARTER-I						

TERM-I - QUARTER- II						
PE Code	DCIs	Chapter	Topic	Learning Objectives	Week No. & Date	No. of Periods
Standard 1: Essential Concepts	1.4.N Describe dietary guidelines, food groups, nutrients, and serving sizes for healthy eating habits.	Ch.7	Proteins and Amino Acids: Function Follows Form	<ul style="list-style-type: none"> - Classify the different categories of proteins and their importance. - Examine the characteristics of essential and non-essential amino acids 	<p>W10: 28/10 TILL 1/11</p>	4
Standard 2: Analyzing Influences	2.1.N Evaluate internal and external influences that affect food choices.	Ch.7	Proteins and Amino Acids: Function Follows Form	<p>Use context clues from a scientific article to:</p> <ol style="list-style-type: none"> 1. Examine and recognize the characteristics of protein and its general digestion process. 	<p>W11: 4/11 TILL 8/11</p>	4

	2.2.N Assess personal barriers to healthy eating and physical activity.			2. Compare and Contrast between the ingestion, digestion, and assimilation of proteins.		
Standard 5: Decision Making	5.2.N Use a decision-making process to plan nutritionally adequate meals at home and away from home.	Ch.8	Metabolism	- Explain and Explore Glycolysis, Krebs cycle and electron transport chain, etc...	W12: 11/11 TILL 15/11	4
Standard 5: Decision Making	5.2.N Use a decision-making process to plan nutritionally adequate meals at home and away from home.	Ch.8	Metabolism	- Explain and Explore Glycolysis, Krebs cycle and electron transport chain, etc...	W13: 18/11 TILL 22/11	4
Standard 5: Decision Making	5.2.N Use a decision-making process to plan nutritionally adequate meals at home and away from home.	Ch.8	Metabolism	- Explain and Explore Glycolysis, Krebs cycle and electron transport chain, etc...	W14: 25/11 TILL 29/11	4
Standard 1: Essential Concepts	1.4.N Describe dietary guidelines, food groups, nutrients, and	Ch.9	Fat Soluble Vitamins	Use context clues from a scientific article to: 1. Identify and specify the function of each vitamin.	W15: 4/12 TILL 6/12	4

	<p>serving sizes for healthy eating habits.</p>			<p>2. Recognize the toxicity and overdose of each vitamin.</p>		
<p>Standard 1: Essential Concepts</p>	<p>1.4.N Describe dietary guidelines, food groups, nutrients, and serving sizes for healthy eating habits.</p>	<p>Ch.9</p>	<p>Fat Soluble Vitamins</p>	<p>Use context clues from a scientific article to:</p> <p>3. Identify and specify the function of each vitamin.</p> <p>4. Recognize the toxicity and overdose of each vitamin.</p>	<p>W16: 9/12 TILL 13/12</p>	<p>4</p>
<p>DEC 16 – JAN 3 WINTER BREAK</p>						
<p>Standard 3: Assessing Valid Information</p>	<p>3.3.N Describe how to use nutrition information on food labels to compare products.</p> <p>3.4.N Evaluate the accuracy of claims about the safety of fitness products.</p>	<p>Extra Lesson</p>	<p>Nutrition Labels & Types of diet</p>	<p>- Analyze the nutritional information listed on nutritional facts.</p> <p>-</p>	<p>W17: 6/1 TILL 10/1</p>	<p>3</p>
<p>REVISION DAYS</p>						<p>1</p>

W18 & W19:

JAN 13 TILL JAN 21: Term 1 Final Exams for Gr.4 -12

Jan 22: Makeup Exam

END OF QUARTER-II