



**"Empowering Minds, Inspiring Hearts, Shaping the Future"**  
**"تمكين العقول، إلهام القلوب، تشكيل المستقبل"**

**Subject Matter: Health and Food**

**Semester: 2**

**2024 – 2025**

<b>Grade Level</b>	12	<b>Subject: Health and Food</b>		
<b>Teacher(s) Name</b>	Hazar Kabbara – Rabab Faour – Sara Abdulrahman			
<b>Textbook</b>	Human Nutrition - Science for Healthy Living; McGraw Hill			
<b>Week #</b>	<b>Dates</b>		<b>Lesson Title / Pages</b>	<b>CCSS / NGSS Code / MOE</b>
20	27 Jan	31 Jan	Chapter 9. Fat-soluble Vitamins	<b>1.4.N</b> Describe dietary guidelines, food groups, nutrients, and serving sizes for healthy eating habits.
21	3 Feb	7 Feb	Chapter 10. Water-Soluble Vitamins	<b>1.4.N</b> Describe dietary guidelines, food groups, nutrients, and serving sizes for healthy eating habits.
22	10 Feb	14 Feb	Chapter 11. Major Minerals	<b>1.4.N</b> Describe dietary guidelines, food groups, nutrients, and serving sizes for healthy eating habits.
23	18 Feb	21 Feb	Chapter 11. Major Minerals	<b>1.4.N</b> Describe dietary guidelines, food groups, nutrients, and serving sizes for healthy eating habits.
24	3 Mar	7 Mar	Chapter 12. Trace Minerals	<b>1.4.N</b> Describe dietary guidelines, food groups, nutrients, and serving sizes for healthy eating habits.
25	10 Mar	14 Mar	Chapter 12. Trace Minerals	<b>1.4.N</b> Describe dietary guidelines, food groups, nutrients, and serving sizes for healthy eating habits.

26	10 Mar	14 Mar	Chapter 13. Obesity, Energy Balance, and Weight Management	<p><b>1.11.N</b> Identify the causes, symptoms, and harmful effects of eating disorders.</p> <p><b>1.12.N</b> Explain why people with eating disorders need professional help.</p> <p><b>1.13.N</b> Describe the amounts and types of physical activity recommended for teenagers' overall health and for the maintenance of a healthy body weight.</p> <p><b>5.1.N</b> Demonstrate how nutritional needs are affected by age, gender, activity level, pregnancy, and health status.</p> <p><b>5.2.N</b> Use a decision-making process to plan nutritionally adequate meals at home and away from home.</p>
27	17 Mar	21 Mar	<p>Chapter 13. Obesity, Energy Balance, and Weight Management</p> <p>Chapter 14. Eating Disorders and Disordered Eating</p>	<p><b>1.11.N</b> Identify the causes, symptoms, and harmful effects of eating disorders.</p> <p><b>1.12.N</b> Explain why people with eating disorders need professional help.</p> <p><b>1.13.N</b> Describe the amounts and types of physical activity recommended for teenagers' overall health and for the maintenance of a healthy body weight.</p> <p><b>5.1.N</b> Demonstrate how nutritional needs are affected by age, gender, activity level, pregnancy, and health status.</p> <p><b>5.2.N</b> Use a decision-making process to plan nutritionally adequate meals at home and away from home.</p> <p><b>1.4.N</b> Describe dietary guidelines, food groups,</p>

				nutrients, and serving sizes for healthy eating habits.
28	7 Apr	11 Apr	Chapter 14. Eating Disorders and Disordered Eating	<b>1.4.N</b> Describe dietary guidelines, food groups, nutrients, and serving sizes for healthy eating habits.
29	14 Apr	18 Apr	Chapter 5. Diet and Health (Glycemia and Diabetes)	<b>1.9.N</b> Analyze the relationship between physical activity and overall health. <b>1.10.N</b> Evaluate various approaches to maintaining a healthy weight. <b>1.11.N</b> Identify the causes, symptoms, and harmful effects of eating disorders.
30	21 Apr	25 Apr	Chapter 15. Nutrition for Fitness and Sport	
31	28 Apr	29 Apr	Chapter 15. Nutrition for Fitness and Sport	
32	5 May	9 May	Chapter 19. Food Safety	
33	12 May	13 May	<b>Revision Days</b>	
34	14 May	16 May	<b>Final Exams</b>	
35	19 May	22 May	<b>Final Exams</b>	