

Nutrition & Wellness Curriculum

Find additional information and resources at www.foodspanlearning.org

In the FoodSpan curriculum, you will find three units with 17 total lessons for Grades 9-12. Each lesson features an introductory warm-up, activities that facilitate a rich exploration of the lesson topic, optional activities, and lesson extensions that can serve as homework assignments or projects.

The curriculum contains elements found in all typical lesson plans, such as learning objectives, essential questions, time required, handouts, slides, supplies required, and a glossary. Read on to learn about additional elements that make the curriculum engaging, relevant, and easy to incorporate into your classroom.

[View the Visual Curriculum Map](#) [View the National Standards Alignment](#) [View the IDOE Nutrition & Wellness Standards](#)

Lesson #	Lesson Topic	Lesson Plan	Lesson Presentation	Lesson Resources
Unit 1 A	Meet the Food System Lesson A - Exploring Our Food System	Lesson Plan A	Food System Slides PPT Food System Slides PDF	Site Links Handouts/Guides
Unit 1 B	Meet the Food System Lesson B - Industrialization of Agriculture	Lesson Plan B	Industrialization Slides PPT Industrialization Slides PDF	Handouts/Guides
Unit 2 Lesson 1	Farmer, Factories, and Food Chains Lesson 1 - Crops: Growing Problems	Lesson Plan	Crops: Growing Problems PDF Crops: Growing Problems PPT	Handouts/Guides
Unit 2 Lesson 2	Farmer, Factories, and Food Chains Lesson 2 - Animals: Field to Factory	Lesson Plan	Animals: Field to Factory PDF Animals: Field to Factory PPT	Handouts/Guides
Unit 2 Lesson 3	Farmer, Factories, and Food Chains Lesson 3 - Seafood: Wild and Farmed	Lesson Plan	Seafood - Wild and Farmed PDF Seafood: Wild and Farmed PPT	Handouts/Guides
Unit 2 Lesson 4	Farmers, Factories, and Food Chains Lesson 4- The Hands that Feed Us	Lesson Plan		Handout/Guides
Unit 2 Lesson 5	Farmers, Factories, and Food Chains Lesson 5-Our Changing Climate	Lesson Plan	Our Changing Climate PDF Our Changing Climate PPT	Handout/Guides
Unit 2 Lesson 6	Farmers, Factories, and Food Chains Lesson 6- Turning Towards Sustainability	Lesson Plan	Turning Towards Sustainability PDF Turning Towards Sustainability PPT	Handout/Guides

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Unit 2 Lesson 7	Farmers, Factories, and Food Chains Lesson 7- Our Food's Journey	Lesson Plan	Our Food's Journey PDF Our Food's Journey PPT	Handout/Guide
Unit 2 Lesson 8	Farmers, Factories, and Food Chains Lesson 8- Keeping Our Food Safe	Lesson Plan	Keeping Our Food Safe PDF Keeping our Food Safe PPT	Handout/Guide
Unit 2 Lesson 9	Farmers, Factories, and Food Chains Lesson 9- Farm To Factory	Lesson Plan		Handout/Guide
Unit 3 Lesson 10	Consumers and Community Lesson 10 - Decoding Food Labels	Lesson Plan	Decoding Food Labels PPT Decoding Food Labels PDF	Handout/Guide
Unit 3 Lesson 11	Consumers and Community Lesson 11 - Marketing: Under the Influence	Lesson Plan	Marketing: Under the Influence PPT Marketing: Under the Influence PDF	Teacher Guide
Unit 3 Lesson 12	Consumers and Community Lesson 12 - Why We Eat What We Eat	Lesson Plan	Why We Eat What We Eat PPT Why We Eat What We Eat PDF	Handout/Guide
Unit 3 Lesson 13	Consumers and Community Lesson 13 - Wasted Food	Lesson Plan	Wasted Food PPT Wasted Food PDF	
Unit 3 Lesson 14	Consumers and Community Lesson 14 - The Hunger Gap	Lesson Plan	The Hunger Gap PPT The Hunger Gap PDF	Handout/Guide
Unit 3 Lesson 15	Consumers and Community Lesson 15 - Food Policy in Action	Lesson Plan	Food Policy in Action PDF Food Policy in Action PPT	Handout/Guide

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Food Citizen Action Project	Final Project Food Citizen Action Project	Lesson Plan	Students may use ANY presentation tool (Google Slides , Prezi , Animoto , Powtoons , Bitable , etc.)	Project Scoring Rubric
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