



Dubai International Private School - BR.

DIPS, in partnership with parents and community, strives to ensure all students are digitally literate, lifelong learners, productive citizens and nurture their well-being in an inclusive learning environment.

"Empowering Minds, Inspiring Hearts, Shaping the Future"

“تمكين العقول، إلهام القلوب، تشكيل المستقبل”



Science Department

Semester: 1

2026-2027

Grade Level		12	Subject: Health and Food	
Teacher(s) Name		Mrs. Aseema Ishaq, Mrs. Bindu, Mr. Houssam		
Textbook		Human Nutrition: Science for Healthy Living: 2024 Release ISE; Publisher. McGraw-Hill Education		
Week #	Dates		Lesson Title / Pages	CCSS / NGSS Code / MOE
1	Aug 31	Sept 4	Orientation +Introduction to health and food + Scientific skills	
2	Sept 7	Sept 11	Diagnostic Test Chapter 1. Introduction to Nutrition Chapter 3. Basis of a Healthy Diet	1.2.N Research and discuss the practical use of current research-based guidelines for a nutritionally balanced diet. 1.3.N Explain the importance of variety and moderation in food selection and consumption.
3	Sept 14	Sept 18	Chapter 4. Human Digestion, Absorption, and Transport	6.3.N Create a personal nutrition and physical activity plan based on current guidelines.

				7.1.N Select healthy foods and beverages in a variety of settings. 7.2.N Critique one's personal diet for overall balance of key nutrients
4	Sept 21	Sept 25	Chapter 4. Human Digestion, Absorption, and Transport	6.3.N Create a personal nutrition and physical activity plan based on current guidelines. 7.1.N Select healthy foods and beverages in a variety of settings. 7.2.N Critique one's personal diet for overall balance of key nutrients.
5	Sept 28	Oct 2	Chapter 5. Carbohydrates: Sugars, Starches, and Fiber	.4.N Describe dietary guidelines, food groups, nutrients, and serving sizes for healthy eating habits. 2.1.N Evaluate internal and external influences that affect food choices. 2.2.N Assess personal barriers to healthy eating and physical activity.
6	Oct 5	Oct 9	Chapter 6. Lipids: Triglycerides, Phospholipids, and Sterols	1.4.N Describe dietary guidelines, food groups, nutrients, and serving sizes for healthy eating habits.

				2.1.N Evaluate internal and external influences that affect food choices. 2.2.N Assess personal barriers to healthy eating and physical activity.
	Oct 12	Oct 16	1st Semester Break	
7	Oct 19	Oct 23	Chapter 7. Proteins: Amino Acids	1.4.N Describe dietary guidelines, food groups, nutrients, and serving sizes for healthy eating habits. 2.1.N Evaluate internal and external influences that affect food choices.
8	Oct 26	Oct 30 Oct 30 End of Quarter 1	Revision	
9	Nov 2	Nov 6	Exploring Nutrition and Healthy Choices (You are what you eat)	1.4.N Describe dietary guidelines, food groups, nutrients, and serving sizes for healthy eating habits. 2.1.N Evaluate internal and external influences that affect food choices. 2.2.N Assess personal barriers to healthy eating and physical activity.
10	Nov 9	Nov 13	Identifying Macromolecules in Food	1.4.N Describe dietary guidelines, food groups, nutrients, and

				serving sizes for healthy eating habits. 2.1.N Evaluate internal and external influences that affect food choices. 2.2.N Assess personal barriers to healthy eating and physical activity.
11	Nov 16	Nov 20	Chapters 9,10,11, and 12 Vitamins and Minerals	1.4.N Describe dietary guidelines, food groups, nutrients, and serving sizes for healthy eating habits.
12	Nov 23	Nov 27 (1 day for National Day Celebration)	Types of Diets	3.3.N Describe how to use nutrition information on food labels to compare products. 3.4.N Evaluate the accuracy of claims about the safety of fitness products.
13	Nov 30	Dec 4 (Dec 2-Dec 4 National Day Holiday)	Nutritional Labels	3.N Describe how to use nutrition information on food labels to compare products. 3.4.N Evaluate the accuracy of claims about the safety of fitness products.
14	Dec 7	Dec 11	Nutritional Labels	3.3.N Describe how to use nutrition information on food labels to compare products.

				3.4.N Evaluate the accuracy of claims about the safety of fitness products.
	Dec 14	Jan 1	Winter Break for All Students	
15	Jan 4	Jan 8	Food Ration	1.11.N Identify the causes, symptoms, and harmful effects of eating disorders. 1.12.N Explain why people with eating disorders need professional help. 1.13.N Describe the amounts and types of physical activity recommended for teenagers' overall health and for the maintenance of a healthy body weight. 5.1.N Demonstrate how nutritional needs are affected by age, gender, activity level, pregnancy, and health status.
16	Jan 11	Jan 15	Food Ration	1.11.N Identify the causes, symptoms, and harmful effects of eating disorders. 1.12.N Explain why people with eating disorders need professional help. 1.13.N Describe the amounts and types of physical activity recommended for teenagers' overall health and for the

				maintenance of a healthy body weight. 5.1.N Demonstrate how nutritional needs are affected by age, gender, activity level, pregnancy, and health status
17	Jan 18	Jan 22	Semester 1 Exams (French, Civics, Social studies) followed by regular Teaching Days for Revision.	
18	Jan 25	Jan 29	Semester 1 Exams	

**** Map Test week will be assigned throughout the semester for every grade level.**