



Semester: 1

2025 – 2026

Grade Level		12	Subject: Health and Food	
Teacher(s) Name		Hazar Kabbara – Houssam Al Sibai – Bindu Suresh		
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.25 th	Aug.29 th	Orientation + Science Action Verbs and Scientific Skills	
2	Sept. 1 st	Sept. 5 th	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.8 th	Sept.12 th	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. 15 th	Sept.19 th	Chapter 4. Human Digestion, Absorption, and Transport	6.3.N Create a personal nutrition and physical

				<p>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>
5	Sept.22 nd	Sept.26 th	Chapter 4. Human Digestion, Absorption, and Transport	<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>
6	Sept. 29 th	Oct.3 rd	Chapter 5. Carbohydrates: Sugars, Starches, and Fiber	<p>1.4.N Describe dietary guidelines, food groups, nutrients, and serving sizes for healthy eating habits.</p> <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>
7	Oct.6 th	Oct.10 th	Project Q1	
8	Oct.13 th	Oct.17 th	Chapter 6. Lipids: Triglycerides, Phospholipids, and Sterols	<p>1.4.N Describe dietary guidelines, food groups, nutrients, and serving sizes for healthy eating habits.</p> <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>
9	Oct.20 th	Oct.24 th Oct 24 End of Quarter 1	Chapter 7. Proteins: Amino Acids	1.4.N Describe dietary guidelines, food groups,

				<p>nutrients, and serving sizes for healthy eating habits.</p> <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>
10	Oct.27 th	Oct.31 st	Exploring Nutrition and Healthy Choices (You are what you eat)	<p>1.4.N Describe dietary guidelines, food groups, nutrients, and serving sizes for healthy eating habits.</p> <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>
11	Nov.3 rd	Nov.7 th	Identifying Macromolecules in Food	<p>1.4.N Describe dietary guidelines, food groups, nutrients, and serving sizes for healthy eating habits.</p> <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>
12	Nov.10 th	Nov.14 th	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.
13	Nov.17 th	Nov.21 st	Types of Diets	<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>
14	Nov. 24 th	Nov.28 th	<p>Project Q2</p> <p>Nutritional Labels</p>	3.3.N Describe how to use nutrition info

				<p>mation on food labels to compare products.</p> <p>3.4.N Evaluate the accuracy of claims about the safety of fitness products.</p>
15	Dec.1 st	Dec.5 th	Nutritional Labels	<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>
16	Jan 5 th	Jan 9 th	Food Ration	<p>1.11.N Identify the causes, symptoms, and harmful effects of eating disorders.</p> <p>1.12.N Explain why people with eating disorders need professional help.</p> <p>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.</p> <p>5.1.N Demonstrate how nutritional needs are affected by age, gender, activity level, pregnancy, and health status.</p>
17	Jan 12 th	Jan 16 th	Food Ration	<p>1.11.N Identify the causes, symptoms, and harmful effects of eating disorders.</p> <p>1.12.N Explain why people with eating disorders need professional help.</p> <p>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.</p> <p>5.1.N Demonstrate how nutritional needs are affected</p>

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18	Jan 19 th	Jan 23 rd	Food Ration	<p>1.11.N Identify the causes, symptoms, and harmful effects of eating disorders.</p> <p>1.12.N Explain why people with eating disorders need professional help.</p> <p>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.</p> <p>5.1.N Demonstrate how nutritional needs are affected by age, gender, activity level, pregnancy, and health status.</p>
19	Jan 26 th	Jan 30 th	Semester 1 Exams: Jan 22 nd to Jan 30 th	
Winter Break for Students: Dec 8 to Jan 4				