



Semester: 2

2025 – 2026

Grade Level	12		Subject: Health and Food	
Teacher(s) Name	Aseema – 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
20	Feb 2 nd	Feb 6 th	Chapter 14. Eating Disorders and Disordered Eating	1.4.N Describe dietary guidelines, food groups, nutrients, and serving sizes for healthy eating habits.
21	Feb 9 th	Feb 13 th	Chapter 14. Eating Disorders and Disordered Eating	1.4.N Describe dietary guidelines, food groups, nutrients, and serving sizes for healthy eating habits.
22	Feb 16 th	Feb 20 th	Hormonal Regulation	1.9.N Analyze the relationship between physical activity and overall health. 1.10.N Evaluate various approaches to maintaining a healthy weight. 1.11.N Identify the causes, symptoms, and harmful effects of eating disorders.
23	Feb 23 rd	Feb 27 th	Hormonal Regulation	1.9.N Analyze the relationship between physical activity and overall health. 1.10.N Evaluate various approaches to maintaining a healthy weight.

				1.11.N Identify the causes, symptoms, and harmful effects of eating disorders.
24	Mar 2 nd	Mar 6 th	Project Q3	
25	Mar 9 th	Mar 13 th	Renal Function & Health	1.11.N Identify the causes, symptoms, and harmful effects of eating disorders.
26	Mar 30 th	Apr 3 rd	Respiratory Health	1.5.N Describe the relationship between poor eating habits and chronic diseases such as heart disease, obesity, cancer, diabetes, hypertension, and osteoporosis.
27	Apr 6 th	Apr 10 th	Respiratory Health	1.5.N Describe the relationship between poor eating habits and chronic diseases such as heart disease, obesity, cancer, diabetes, hypertension, and osteoporosis.
28	Apr 13 th	Apr 17 th End of 3d Quarter	Cardiovascular Health	1.5.N Describe the relationship between poor eating habits and chronic diseases such as heart disease, obesity, cancer, diabetes, hypertension, and osteoporosis.
29	Apr 20 th	Apr 24 th	Cardiovascular Health Project Q4	1.5.N Describe the relationship between poor eating habits and chronic diseases such as heart disease, obesity, cancer, diabetes, hypertension, and osteoporosis.
30	Apr 27 th	May 1 st	Chapter 19. Food Safety	5.3.N Demonstrate how to use safe food handling procedures when preparing meals and snacks.
31	May 4 th	May 8 th	Chapter 19. Food Safety	5.3.N Demonstrate how to use safe food handling

				procedures when preparing meals and snacks.
32	May 11 th	May 15 th Grade 12 Final Exams Start May 13	FINAL EXAMS	
33	May 18 th	May 22 nd	FINAL EXAMS	
34	May 25 th	May 29 th		
35	Jun 1 st	Jun 5 th		
36	Jun 8 th	Jun 12 th	Jun 11 - Jun 22: Final Exams for Grades 4-11.	
37	Jun 15 th	Jun 19 th	Jun 11 - Jun 22: Final Exams for Grades 4-11.	
38	Jun 22 nd	Jun 26 th	Jun 22: Make-up Exam for absent students.	
39	Jun 29 th	Jul 3 rd	June 30 - July 2: Make-up Exam for failing students.	