

## MODULE 5 - LET'S EAT!

**Terminal Objective #4:** In real-world settings such as the home kitchen and restaurant, the learner will select and prepare foods that support and improve cardiovascular health.

Enabling Objectives	Assessment	Absorb Activity	Do Activity	Connect Activity
<p>In their home kitchen, the learner will prepare a recipe and, if necessary, modify recipe directions or ingredients to support cardiovascular health.</p>	<p>Responses to performance activity in real-world scenario</p>	<ul style="list-style-type: none"> <li>• Watch short film: <a href="#">Forks Over Knives Kitchen Rescue</a></li> </ul>	<p>Performance activity in real-world scenario.</p> <ul style="list-style-type: none"> <li>• Learners will examine process foods in their kitchen cabinets (reading labels and ingredients lists) and remove items that are unhealthy.</li> <li>• Learners prepare the recipe from their shopping trip and adjust recipe preparation to include dry sauté and roasting methods and replacing oil, simple sugars with alternative ingredients.</li> </ul>	
<p>In a restaurant, the learner will select the best available choice or devise a unique dish of healthy menu items based on available options.</p>	<p>Responses to performance activity in real-world scenario</p>	<ul style="list-style-type: none"> <li>• Watch slide presentation on <a href="#">Plant-Based Guide to Eating Out</a></li> <li>• Read other resources on eating away from home:               <ul style="list-style-type: none"> <li>- <a href="#">Dining Out</a></li> <li>- <a href="#">Plant-Based Nutrition on the Go</a></li> </ul> </li> </ul>	<p>Field trip to a restaurant for performance activity in real-world scenario. In a restaurant, learners order from the menu selecting vegetarian, oil-free, low sugar options or requesting special preparations from restaurant kitchen</p>	