

Unit Premiere

Sustainable Restaurant Wars

In this unit, your child will make inquiries into the physical and chemical changes we observe in the world around us. Also, through the evaluation of the nutritional value of food, they will recognize the importance of maintaining a healthy and balanced lifestyle. They will use the knowledge they gain to investigate global differences in culinary choices and perspectives on health.



IB Instructional Elements

Theme-

Our IB curriculum is comprised of six transdisciplinary units that have global significance and offers students the opportunity to explore human experiences.

- **Who We Are-** an inquiry into the nature of self; beliefs and values; personal, physical, mental, social and spiritual health; human relationships including family, friends, communities, and cultures; rights and responsibilities; what it means to be human.

Lincoln Curriculum Connection- Students will demonstrate how understanding the world around us helps us to live a balanced life.

Learner Profile

The Learner Profile is a set of attributes that, taken as a whole, lay the foundation upon which international-mindedness will develop and flourish

- **Inquirer-** They are curious and enthusiastic learners who enjoy research and inquiry.
Lincoln Curriculum Connection- Students will ask questions and research about nutrition around the world and the physical and chemical changes that affect us every day.
- **Thinker-** They use different thinking strategies to solve problems effectively and fairly.
Lincoln Curriculum Connection- Students will use knowledge gained to plan a healthy menu.
- **Open-Minded-** Students respect all cultures and grow from opportunities to consider different points of view.
Lincoln Curriculum Connection- Students will experience and develop respect for multicultural foods

Attitudes

Attitudes are expressions of fundamental values, beliefs and feelings about learning, the environment and people.

- **Curiosity-** They are curious about the nature of learning, about the world, its people and cultures.
Lincoln Curriculum Connection- Students will show curiosity while researching international foods and cultural culinary differences around the world
- **Commitment-** They are committed to their own learning, persevere and show self discipline and responsibility.
Lincoln Curriculum Connection- Students will through research students will persevere in collecting information on cultural culinary likeness and differences around the world.
- **Cooperation-** They cooperate, collaborate, and lead or follow as needed.
Lincoln Curriculum Connection- Students will collaborate and work together to use online resources to research and explore “My Healthy Plate” to analyze the nutritional value of the impact of excessive health on the human body.

Key Concepts

Key Concepts are powerful ideas that have relevance within the subject areas but also transcend them and that students must explore and re-explore in order to develop a coherent, in-depth understanding.

- **Connection-** The understanding that we live in a world of interacting systems in which the actions of any individual element affect others.
Lincoln Curriculum Connection- Students will create a Nearpod presentation on the physical and chemical changes in matter.
- **Responsibility-** The understanding that people make choices based on their understandings, and the actions they take as a result do make a difference.
Lincoln Curriculum Connection- Students will identify meal choices and how they can be multicultural. They will read fiction and non-fiction books and use technology to research about matter as well as nutrition
- **Function-** The understanding that everything has a purpose, a role, or a way of behaving that can be investigated.
Lincoln Curriculum Connection- Students will observe a demonstration in the science lab of calories actually being burned. They will also investigate chemical and physical changes that occur in food preparation.

Transdisciplinary Skills

These skills are capabilities that students need to demonstrate to succeed in a changing, challenging world, which may be disciplinary or transdisciplinary in nature.

- **Self-Management skills-** Organization, safety, spatial awareness, a balanced life style, applying appropriate rules, and using time management to make informed choices.
Lincoln Curriculum Connection- Students will reflect on their eating habits and develop a plan for a healthy lifestyle.
- **Research skills-** Formulating questions, observing, planning, collecting data, recording data, organizing data, interpreting data, and presenting research findings
Lincoln Curriculum Connection- Students will use various sources to research and record data on cultural culinary customs as well as the physical and chemical changes that occur in our world.