

UNIT FOUR NUTRITION

Lesson 2 – Well balanced diet

Nurse Aide Training Objectives

- 4.2 List components of a well-balanced diet.
- 4.3 Identify fluid needs of residents

CASAS Competencies

- 3.5.1 Interpret nutritional and related information
- 3.5.2 Select a balanced diet
- 3.5.9 Identify practices that promote physical well being

Basic Skills (CASAS Content Standards)

Reading:

- R2.11 Interpret familiar words used in a new context.
- R2.12 Interpret specialized vocabulary in context
- R3.3 Read and understand simple texts in a familiar context.
- R3.4 Read moderately complex.
- R2.12 Interpret specialized vocabulary in context.
- R4.10 Interpret written materials using visual, graphic and textural clue (e.g. headlines, captions, bullets, print features such as **bold**).

Writing:

Listening/Speaking:

- L4.4 Demonstrate understanding of general meaning and details in face-to-face conversations containing some unfamiliar vocabularyL