Health Unit 3 Wellness Nutrition

Content Area: **Physical Education and Health**
Course(s): **Physical Education/Health**
Time Period: **February**
Length: **2 weeks**
Status: **Published**

Enduring Understandings

Food choices are essential in maintaining healthy lifestyles.

USDA's, *My Food Plate*, provides the recommended daily amount of nutrients that is needed to maintain a balanced diet.

USDA's, *My Pyramid*, provides healthy choices for each food group.

Breakfast is the most important meal of the day.

Nutritious foods can sometimes be unhealthy such as fried chicken, fried zucchini, or fruit based sugar snacks.

Essential Questions

What makes a meal healthy?

How does my breakfast impact my daily activities?

Can nutritious foods be unhealthy?

Which program should I follow, *MyPlate, FoodPyramid*, or both?

Content

My Plate

http://www.choosemyplate.gov/food-groups/

Food Pyramid Archives

http://www.choosemyplate.gov/print-materials-ordering/mypyramid-archive.html

Skills

Compare and contrast healthy and unhealthy meals.

Determine nutritious foods from fatty foods.

Use the *Food Pyramid* and*My Plate* to choose healthy meals.

Standards

HPE.2.1.2.B	Nutrition
HPE.2.1.2.B.1	Explain why some foods are healthier to eat than others.
HPE.2.1.2.B.2	Explain how foods on MyPlate differ in nutritional content and value.
HPE.2.1.2.B.3	Summarize information about food found on product labels.
HPE.2.1.2.B.CS1	Choosing a balanced variety of nutritious foods contributes to wellness.

Assessments

Create a healthy meal plan for breakfast, lunch or dinner.
Formative: Other Evidence:Written: Informative

Formative: Other Evidence:Oral: Discussion