Health Unit 4 Wellness Nutrition

Content Area: **Physical Education and Health**
Course(s): **Painting, Physical Education/Health**
Time Period: **March**
Length: **3 weeks**
Status: **Published**

Enduring Understandings

Foods are categorized into food groups that help us make healthy food choices.

A serving size is used for portion control so we stay within our daily guidelines.

Food labels tell us what we are eating and how it affects our overall nutritional balance.

Essential Questions

Why is it important to understand food labels?

How do serving sizes help us maintain a healthy weight?

Do I need to eat foods from all of the food groups daily?

Content

Exemplar Texts according to CCSS for ELA

Good Enough to Eat by Lizzy Rockwell (1999)

Showdown at the Food Pyramid by Rex Barron (2004)

Skills

Create a meal plan considering diet, nutrients, essential food groups, and servings.

Identify proper serving sizes.

Explain how to use mathematics to determine serving size.

Standards

HPE.2.1.2	All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.
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.3	Summarize information about food found on product labels.
HPE.2.1.P.B.2	Develop awareness of nutritious food choices (e.g., participate in classroom cooking activities, hold conversations with knowledgeable adults about daily nutritious meal and snack offerings).

Assessments

Oral: Discussion

Summative: Transfer Tasks:Other: Quiz

Nutrition quiz