Health Unit 3 Nutrition

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

Enduring Understandings

Your body requires nutrients to perform at its best.

Dietary guidelines help you stay healthy and assist you in making healthy choices.

Food labels contain important information about the nutrients your body needs.

Essential Questions

How do the dietary guidelines help us make healthy food choices?

If I want to make sure I get all of my nutrients in a day, will food labels help me?

Skills

Identify the 6 vital nutrients

Describe the role of dietary guidelines

Explain the components of the food label and what they mean.

Differentiate between healthy and unhealthy eating practices.

Standards

HPE.2.1.4	All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.
HPE.2.1.4.B	Nutrition
HPE.2.1.4.B.1	Explain how healthy eating provides energy, helps to maintain healthy weight, lowers risk of disease, and keeps body systems functioning effectively.
HPE.2.1.4.B.2	Differentiate between healthy and unhealthy eating practices.
HPE.2.1.4.B.4	Interpret food product labels based on nutritional content.

Assessments

Formative: Other Evidence:Oral: Discussion
Nutrition Quiz
Summative: Transfer Tasks:Other: Quiz

Nutrition quiz