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

Nutrients are substances that are found in food that are used in the body.

The main nutrients that are used by the body are: protein, fats, carbohydrates, vitamins, minerals and water.

My plate is the new version of the food pyramid. It shows you what foods to eat and the portions.

Essential Questions

How is the MY PLATE and Food Pyramid the same and different?

How can I be sure that I am eating the right amount of nutrients everyday?

Skills

Differentiate between healthy and unhealthy eating patterns.

Classify foods by food group, food source, nutritional content, and nutritional value.

Interpret food product labels.

Discuss how healthy eating provides energy, helps to maintain healthy weight, lowers risk of disease, and keeps body systems working.

Standards

HPE.2.1.4	All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.
HPE.2.1.4.A	Personal Growth and Development
HPE.2.1.4.A.2	Determine the relationship of personal health practices and behaviors on an individual's body systems.
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.3	Create a healthy meal based on nutritional content, value, calories, and cost.
HPE.2.1.4.B.4	Interpret food product labels based on nutritional content.
HPE.2.2.4	All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.
HPE.2.2.4.B	Decision-Making and Goal Setting
HPE.2.2.4.B.4	Develop a personal health goal and track progress.

Assessments

Formative: Other Evidence:Other: Teacher Observation
Food Label Quiz
Summative: Transfer Tasks: Other: Quiz
Design a Healthy Food Chart
Summative: Transfer Tasks:Project: Visual Arts