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 six 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.

Dietary guidelines are suggested goals to help live a long a healthy life.

The nutrition facts label gives you information about nutrients in the food.

Essential Questions

How do nutrients effect your body?

Which nutrients do you think will give you the most energy?

How will the MY PLATE diagram help me improve my diet?

What are some dietary guideline you follow to stay healthy?

Are nutritional labels the same for everyone?

Skills

Discuss factors that influence food choices.

Analyze nutrition information on food packages and labels

Compare food choices based on nutrient content and value, calories, and cost and create a healthy meal plan.

Discuss the short- and long-term benefits and risks associated with nutritional choices.

Standards

HPE.2.1.6	All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.
HPE.2.1.6.B	Nutrition
HPE.2.1.6.B.1	Determine factors that influence food choices and eating patterns.
HPE.2.1.6.B.2	Summarize the benefits and risks associated with nutritional choices, based on eating patterns.
HPE.2.1.6.B.3	Create a daily balanced nutritional meal plan based on nutritional content, value, calories, and cost.
HPE.2.1.6.B.4	Compare and contrast nutritional information on similar food products in order to make informed choices.
HPE.2.2.6	All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.
HPE.2.2.6.B	Decision-Making and Goal Setting
HPE.2.2.6.B.1	Use effective decision-making strategies.
HPE.2.2.6.B.2	Predict how the outcome(s) of a health-related decision may differ if an alternative decision is made by self or others.

Assessments

Formative: Other Evidence:Oral: Discussion
Food Label Quiz
Summative: Transfer Tasks: Other: Quiz
Design a meal plan
Summative: Transfer Tasks:Project: Personal