Unit 9: Eating wisely and exercising equals healthy life

Content Area: **Family and Consumer Sciences**
Course(s): **Contemporary Living**
Time Period: **May**
Length: **8 blocks**
Status: **Published**

Enduring Understandings

Individual calorie needs depend on age, weight, and level of activity

Fitness is your ability to meet the demands of day to day life

Healthful eating habits and regular exercise are important components of fitness

Healthy weights vary from person to person and depend on their height, age, gender, bone structure and body build

Essential Questions

How does fitness benefit you emotionally?

How does society decide what weight is desirable?

Why do you think it is so important to be realistic about goals when setting up a fitness program?

Why do so many people try

fad diets?

How can exercise be both beneficial for losing and gaining weight?

How can lifestyle changes help you achieve and maintain your fitness level and weight goals?

Content

Fitness

Obese

Fad diet

Calorie

Yo-Yo effect

Eating disorders

Basal metabolism

Anorexia Nervosa

Bulimia

Skills

Identify the benefits of fitness

Name the factors that determine and individual's healthy weight

Describe how food and exercise affect body weight

Explain how a person can lose weight safely and keep it off

Resources

Creative Living

Google search, slides, docs

Standards

9.3	Evaluate nutrition principles, food plans, preparation techniques and specialized dietary plans.
9.3.1	Analyze nutrient requirements across the life span addressing the diversity of people, culture, and religions.
9.4	Apply basic concepts of nutrition and nutrition therapy in a variety of settings, considering social, geographical, cultural, and global influences.
9.4.1	Analyze nutritional needs of individuals.
9.4.4	Construct a modified diet based on nutritional needs and health conditions.
14.2	Examine the nutritional needs of individuals and families in relation to health and wellness across the life span.
14.2.3	Analyze the effects of food and diet fads, food addictions, and eating disorders on wellness.