# Unit 9: Taking action: Small steps to wellness

Content Area: **Language Arts Literacy**
Course(s): **Food and Fitness**
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## Enduring Understandings

Current and future personal wellness is dependent upon applying nutrition related concepts and skills in everyday lifestyle behaviors.

There are many short and long term health benefits and risks associated with nutritional choices.

Informed nutritional food choices combined with physical activity set the foundation for healthy living and wellness.

There are many health benefits from preparing your own foods because ingredients and nutrition values can be controlled.

There are resources like the Dietary Guidelines for Americans that can help you adopt a healthy living lifestyle.

Lifelong learning increases knowledge and can improve the quality of life.

## Essential Questions

How and why do we need to set goals for our physical health?

How can physical activity  promote lifetime wellness?

How do you add physical activity to very busy daily routines?

How can the media impact on food and physical activity choices?

How do we create a balance between food consumed and  physical activity on a daily basis?

Why should I prioritize nutrition/health when making lifestyle choices?

Why do we have Dietary Guidelines for Americans?

How can the Dietary Guidelines help me make healthy food choices?

## Content

***Vocabulary:***

Physical fitness

Endurance

Aerobic

Anerobic

Wellness

Dietary Guidelines for Americans

USDA

Conservation

Go Green initiative

Small appliance

Cardiorespiratory

Heart Rate

Strength

Flexibility

Balance

RDA
Discretionary Calories

## Skills

Describe how physical activity promotes good health.

Identify the benefits of different types of physical activity.

Identify ways to fit physical activity into daily lifestyles.

Analyze nutritious and economical options to store purchased energy and protein bars and exercise recovery beverages.

Prepare quick nutritious and economical options to store purchased energy and protein bars and exercise recovery beverages.

Explain what the RDA is and what significance it has on healthy eating.

List and interpret the Dietary Guidelines for Americans.

Describe how the Dietary Guidelines for Americans can be utilized to develop wellness and a good quality of life.

Integrate the Dietary Guidelines into the planning of food purchases, food preparation and food choices when eating out.

Identify the "go green" initiative and describe ways to live healthy yet be kind to the environment.

Define discretionary calories and devise ways to include them in daily living and maintain a healthy body weight.

Predict how lifestyle choices you make will affect your health and wellness.

Describe the relationship between nutrition and your health and wellness.

## Resources

*Guide to Good Food*

*Nutrition, Food and Fitness*

*Nutrition Action Newsletter*

*Eating Well: Where Good Taste Meets Good Health*

FDA Website - https://www.fda.gov/

USDA Website - *https://www.usda.gov/*

Just The Facts: Superfoods DVD

## Standards

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| 2.1 | Demonstrate management of individual and family resources such as food, clothing, shelter, health care, recreation, transportation, time, and human capital. |
| 2.1.3 | Analyze decisions about providing safe and nutritious food for individuals and families. |
| 9.3 | Evaluate nutrition principles, food plans, preparation techniques and specialized dietary plans. |
| 9.3.6 | Critique the selection of foods to promote a healthy lifestyle. |
| 14.2 | Examine the nutritional needs of individuals and families in relation to health and wellness across the life span. |
| 14.2.1 | Evaluate the effect of nutrition on health, wellness and performance. |
| 14.2.2 | Analyze the relationship of nutrition and wellness to individual and family health throughout the life span. |
| 14.3 | Demonstrate ability to acquire, handle, and use foods to meet nutrition and wellness needs of individuals and families across the life span. |
| 14.3.1 | Apply current dietary guidelines in planning to meet nutrition and wellness needs. |
| 14.3.3 | Demonstrate ability to select, store, prepare, and serve nutritious, aesthetically pleasing food and food product. |