Unit 2: Food and its Relation to Health

Content Area: **Physical Education and Health**
Course(s): **Health Education Grade 11**
Time Period: **School Year**
Length: **10 blocks**
Status: **Published**

Transfer

Personal Fitness and Food and Its relation to Health

Enduring Understandings

Food is the energy source of an active, vigorous, and fun lifestyle.

Eating food hat contains the recommended number of servings will go a long way toward a healthy lifestyle.

Water is essential for normal functioning of the body.

Essential Questions

What is food's relationship to health?

What health problems might occur from bad diet decisions?

How should the food pyramid be used to plan a balanced diet?

Why is water such an important element of our diet?

Content

Proteins, Carbohydrates, Saturated Fat, Unsaturated Fat, HDL, LDL, Minerals, Metabolism, Amino Acids, Starch, Sugar, Fiber, Calcium, Iron, Potassium, Sodium

Skills

Use the nutrition label information to make healthy choices.

Discuss what the various types of essential nutrients.

Plan a healthy meal using the current USDA recommendations.

Calculate the calories in fat, carbohydrates and proteins.

Resources

Personal Fitness-Looking Good- Feeling Good, Google Docs, Sheets, Slides, Guest Speakers, YouTube Clips, DVD’s

Standards

HPE.2.1.12	All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.
HPE.2.1.12.B.1	Determine the relationship of nutrition and physical activity to weight loss, weight gain, and weight maintenance.
HPE.2.1.12.B.2	Compare and contrast the dietary trends and eating habits of adolescents and young adults in the United States and other countries.
HPE.2.1.12.B.3	Analyze the unique contributions of each nutrient class (fats, carbohydrates, protein, water, vitamins, and minerals) to one’s health.