

# 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**

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Personal Fitness and Food and Its relation to Health

## **Enduring Understandings**

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

Eating food that 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**

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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**

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

## **Skills**

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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**

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

## **Standards**

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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.