

Unit 2: Food and Nutrition

Content Area: **Health**
Course(s): **Health**
Time Period: **Week 6**
Length: **4 Weeks**
Status: **Published**

Unit Overview

The students will learn about the important roles physical activity and nutrition play in the development and maintenance of total health.

Standards

HE.7-8.2.1.8.A.1	Assess and apply health data to enhance each dimension of personal wellness.
HE.7-8.2.1.8.A.3	Relate advances in technology to maintaining and improving personal health.
HE.7-8.2.1.8.A.4	Determine the impact of marketing techniques on the use of personal hygiene products, practices, and services.
HE.7-8.2.1.8.B.1	Analyze how culture, health status, age, and eating environment influence personal eating patterns and recommend ways to provide nutritional balance.
HE.7-8.2.1.8.B.2	Identify and defend healthy ways for adolescents to lose, gain, or maintain weight.
HE.7-8.2.1.8.B.3	Design a weekly nutritional plan for families with different lifestyles, resources, special needs, and cultural backgrounds.
HE.7-8.2.1.8.B.4	Analyze the nutritional values of new products and supplements.
HE.7-8.2.1.8.C.2	Analyze local, state, national, and international public health efforts to prevent and control diseases and health conditions.
HE.7-8.2.1.8.C.3	Analyze the impact of mental illness (e.g., depression, impulse disorders such as gambling or shopping, eating disorders, and bipolar disorders) on physical, social, and emotional well-being.
HE.7-8.2.1.8.D.1	Assess the degree of risk in a variety of situations and identify strategies to reduce intentional and unintentional injuries to self and others.
HE.7-8.2.1.8.D.4	Demonstrate first-aid procedures, including victim and situation assessment, Basic Life Support, and the care of head trauma, bleeding and wounds, burns, fractures, shock, and poisoning.
HE.7-8.2.1.8.E.1	Analyze how personal assets, resiliency, and protective factors support healthy social and emotional health.
HE.7-8.2.1.8.E.2	Determine the effectiveness of existing home, school, and community efforts to address social and emotional health and prevent conflict.
HE.7-8.2.1.8.E.3	Explain how culture influences the ways families and groups cope with crisis and change.
HE.7-8.2.2.8.B.1	Predict social situations that may require the use of decision-making skills.
HE.7-8.2.2.8.B.2	Justify when individual or collaborative decision-making is appropriate.
HE.7-8.2.2.8.B.3	Analyze factors that support or hinder the achievement of personal health goals during different life stages.
HE.7-8.2.2.8.C.1	Analyze strategies to enhance character development in individual, group, and team

	activities.
HE.7-8.2.2.8.D.2	Defend a position on a health or social issue to activate community awareness and responsiveness.
HE.7-8.2.2.8.E.1	Evaluate various health products, services, and resources from different sources, including the Internet.
HE.7-8.2.2.8.E.2	Compare and contrast situations that require support from trusted adults or health professionals.

Essential Questions

1. How are food choices influenced by culture and tradition?
2. What influence do family, peers, and the media have on food choices throughout life?

Application of Knowledge and Skills...

Students will know...

- 1. How to choose nutrient-rich foods.
- 2. What factors influence people's diets.
- 3. Why it is important to eat a healthy breakfast.
- 4. How the digestion process works once food enters the body.
- 5. their individual healthy weight range based on height and age.

Students will be able to...

- a. Identify the six major categories of nutrients
- b. Read and interpret a nutrition facts label
- c. Explain how to use the FGP to make healthy food choices.
- d. List suggestions that can help in planning nutritious meals.
- e. Discuss the importance of nutrient-dense snacks and identify examples.
- f. Explain how wastes are removed from the body.
- g. Discuss health habits that are essential to taking care of the digestive and excretory systems.
- h. Identify and discuss common eating disorders.
- i. Describe healthful ways to manage their weight.

Assessments

- Chapter Quiz
- Diagnostic: Sample Assessment Item
- Food and Nutrition Chapter Test
- Food and Nutrition Pre-Test
- Formative: Other written assessments
- Pre-test will assess student knowledge of food and nutrition. 2.1.8.A.1,3, 2.1.8.B.2,4, 2.1.8.C.2-3, 2.2.8.C.1, 2.2.8.D.2
- Summative: Written Test
- The students will take a unit test to assess their understanding of unit content. 2.1.8.A.1-3, 2.1.8.B.1-4, 2.1.8.C.2-3, 2.1.8.D.1,4, 2.1.8.E.1-3, 2.2.8.A.1-2, 2.2.8.B.1-3, 2.2.8.C.1, 2.2.8.E.1-2
- Written quiz on food and nutrition. 2.1.8.A.4, 2.1.8.C.2-3, 2.1.8.D.4, 2.1.8.E.1,3, 2.2.8.A.1-2

Activities

Workbook packet from Teen Health 2

Discovery Education-Nutrition Labels: Our Guides to Healthy Eating.

Describe the six major nutrients and how they help the body.

Review food labels and explain how to read them. Discuss how ingredients and serving size are listed.

Review the food guide pyramid and have students keep track (for two days) of everything they consume. Students will then compare what they eat to the pyramid food choices to see where they need to improve their diet.

Describe the importance of the three main meals and how to plan healthy meals.

Discuss the process of digestion and excretion and how they relate to the break down of foods that are eaten.

Students will be provided with handouts on the digestive process.

Review BMI (Body Mass Index)- Students will review ways to assess their body size, taking their height and weight into account. If students are interested, they may review their BMI privately.

Chapter four test

✖ [Nutrition Labels: Our Guides to Healthy Eating](#)

Activities to Differentiate Instruction

Study Guides with Answers

Modified tests with less multiple choice and word bank

Enrichment- challenge essay on summative assessment

Provide additional time to preview materials, complete tasks and take tests

Tiered Activities- When calculating BMI, students will be given a formula; calculators may or may not be utilized

Integrated/Cross-Disciplinary Instruction

Science- Have students investigate the differences between types of sugars: dextrose, fructose, lactose, maltose and sucrose.

Math- calculating BMI

Resources

Teen Health 2- Glencoe McGraw-Hill

Discovery Education Video-

✖ <http://player.discoveryeducation.com/index.cfm?guidAssetId=E726758C-64D9-4AEE-BEAE-8697A40C1B6D&blnFromSearch=1&productcode=US>