Unit 2 - Foods and Nutrition

Content Area: **ESL**
Course(s): **ESL**
Time Period: **Week 20**
Length: **10 Weeks**
Status: **Published**

Unit Overview

In this unit students will learn about food and nutrition. Throughout the unit, students will build their vocabulary of the different foods in English, as well as creating balanced nutritious meals, reading labels, and writing to persuade someone about a food related issue.

Standards

Each WIDA sub-standard will be adapted to learner's proficiency level (entering, beginning, developing, expanding, bridging).

CCSS.ELA-Literacy.W.5.1	Write opinion pieces on topics or texts, supporting a point of view with reasons and information.
ELL.3-5.4	The Language of Science
ELL.3-5.L.B.6	Compare and contrast oral selections and determine the most valuable supporting data to use in group or individual projects.
HPE.2.1.6.B.2	Summarize the benefits and risks associated with nutritional choices, based on eating patterns.
HPE.2.1.6.B.3	Create a daily balanced nutritional meal plan based on nutritional content, value, calories, and cost.
HPE.2.1.6.B.4	Compare and contrast nutritional information on similar food products in order to make informed choices.

Essential Questions

- How can we stay healthy through the foods we eat?

Application of Knowledge and Skills...

Students will know that...

- in order to make informed decisions about food, people need to learn how to eat healthy
- foods we eat can be found in specific areas in a food store
- it is recommended to eat a variety of fruits, vegetables, proteins, grains and dairy on a daily basis according to the US Department of Agriculture.

Students will be skilled at...

- categorize healthy from non healthy food choices
- classifying items into lists
- generating an opinion piece to persuade someone to eat healthier options
- identify foods that meet the qualifications for each of the parts of the "MyPlate" categories including fruits, vegetables, proteins, grains, and dairy.
- interpret information on nutrition and food from charts, tables, or graphic organizers

Assessments

- Formative assessment: written test- designed meal using Choose my Plate template HPE.2.1.6.B.3
- Formative assessment: written- nutritional label quiz. Students will look at different labels on products. They will make a choice of which food item is the best item to choose nutritionally. HPE.2.1.6.B.4
- Formative assessment: written- opinion writing piece W.5.1, HPE.2.1.6.B.2
- Unit Pretest: pretest encompassing information about: food choices and nutrition (choose my plate, nutritional labels, and calorie intake) W.5.1, HPE.2.1.6.B.2, HPE.2.1.6.B.3, HPE.2.1.6.B.4, WIDA 4
- Unit test, Summative: Written test- Unit test encompassing information about: food choices and nutrition (choose my plate, nutritional labels, and calorie intake)W.5.1, HPE.2.1.6.B.2, HPE.2.1.6.B.3, HPE.2.1.6.B.4, WIDA 4

Activities

- calorie counting activity. Log what the student eats in a day. As a group count the calories and other nutritional factors to see if what the student is eating is nutritious.
- virtual food shopping- discuss the different aisles. Students choose nutritious options from each aisle.
- choose foods from realia, magazines, and newspapers
- classify foods from realia, magazines or newspapers

- compare choices of foods
- create a food group mini book to showcase the different groups
- create posters for the classroom on the different food groups providing examples for reference
- design meals by making choices of foods
- discuss the choose my plate initiative
- evaluate choices of foods by following oral descriptions)eg. "Choose the most nutritious food in this group")
- how to read food labels on a food package
- read Non- Fiction ELP appropriate literature on topic (Reading A-Z readers, Time for Kids articles, etc)
- write a persuasive essay to encourage someone to eat healthier

Activities to Differentiate Instruction

- illustrated word/phrase walls
- environmental print
- pictures/photographs
- illustrations, diagrams, drawings
- songs/chants
- models & figures
- maps
- in pairs or partners
- L1 support
- posters or displays

Integrated/Cross-Disciplinary Instruction

Language Arts

Social language

Resources

[ChooseMyPlate.gov]