Nutrition

Content Area: **Health & Phys Ed**
Course(s): **HEALTH 3**
Time Period: **Semester 2**
Length: **2 weeks**
Status: **Published**

Standards

2.2.12.N.1	Compare and contrast the nutritional trends, eating habits, body image, and the impact of marketing foods on adolescents and young adults nationally and worldwide.
2.2.12.N.2	Determine the relationship of nutrition and physical activity to weight loss, gain, and maintenance.
2.2.12.N.3	Analyze the unique contributions of each nutrient class (e.g., fats, carbohydrates, protein, water, vitamins, minerals) to one's health and fitness.
2.2.12.N.4	Implement strategies and monitor progress in achieving a personal nutritional health plan.
2.2.12.N.5	Research present trends in plant based and organic food choices and industries that have shown an impact on lowering heart, cancer, diabetes, and other diseases.

Enduring Understanding

1. Communicate to students that many factors play a role in an individual's eating habits and lifestyle choices. ***HE.9-12.2.2.12.N*** *- Nutrition - [Core Idea] - The balance of food intake and exercise is a vitally important component of nutritional wellness, and is tempered by factors like age, lifestyle, and family history.*

2. Assist students in the understanding of how the recommended daily allowance of nutrients affects the prevention disease and overall health. ***HE.9-12.2.2.12.N*** *- Nutrition - [Core Idea] - The balance of food intake and exercise is a vitally important component of nutritional wellness, and is tempered by factors like age, lifestyle, and family history.*

3. Empower students to develop a proper nutrition with a wellness program is a key component to one's well-being. ***HE.9-12.2.2.12.LF*** *- Lifelong Fitness - [Core Idea] - Community resources can support a lifetime of wellness to self and family members.*

Essential Questions

1. What are the factors associated with eating a well-balanced diet?

2. What are the six essential nutrients?

3. What are some habits or behaviors that one can do to create a healthy weight control plan?

Knowledge and Skills

The performance expectations are:

- Identify ways in which they can improve their eating habits. ***HE.9-12.2.2.12.N.1***
- Identify reasons why we eat and how we choose what to eat. ***HE.9-12.2.2.12.N.1***
- Identify the 6 essential nutrients. ***HE.9-12.2.2.12.N.3***
- Explain the harmful effects of sugar on the human body. ***HE.9-12.2.2.12.N.1***
- Read a food label and find specific information (calories, nutrients, ingredients). ***HE.9-12.2.2.12.N.3***
- Research different fad diets and determine the risks associated with these diets. ***HE.9-12.2.2.12.N.5***
- Identify and list possible causes of obesity. ***HE.9-12.2.2.12.N.2***
- Identify and list the hazards of obesity and how it can affect one's overall health. ***HE.9-12.2.2.12.N.1***
- Determine body fat percentage and BMI. ***HE.9-12.2.2.12.N.2***
- Identify and explain some steps they can take to maintain/control their weight. ***HE.9-12.2.2.12.N.2***

Transfer Goals

1. Students will be able to independently identify poor nutritional habits and the impact those habits have on diet-related illnesses.

2. Students will be able to independently create a nutritional plan that reflects a healthy lifestyle.

3. Students will be able to independently analyze and incorporate nutrition habits and decisions in a conjunction with a wellness program.

Resources

1. Body Composition calculator

2. My Food Plate poster analysis

3.Food Journal

May include speakers from the following organizations:

- Rutgers L.I.G.H.T. Counseling - https://www.whrhs.org/guidance/new-page
- Shop Rite Nutritionist
- Mosaic Counseling
- WHRHS SAC

- Food for Mood

Assessments

https://docs.google.com/document/d/1z90hu2-lCXoUTewriJPJTl5846tUuXMFSuMHD8is0yI/edit

Modifications for Diverse Learners

https://docs.google.com/document/d/1cUIE1QRfV7jJNjgU2NdcW1x91UAyDENe/edit