

# Nutrition

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

## Standards

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HE.9-12.2.2.12.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.
HE.9-12.2.2.12.N.2	Determine the relationship of nutrition and physical activity to weight loss, gain, and maintenance.
HE.9-12.2.2.12.N.3	Analyze the unique contributions of each nutrient class (e.g., fats, carbohydrates, protein, water, vitamins, minerals) to one's health and fitness.
HE.9-12.2.2.12.N.4	Implement strategies and monitor progress in achieving a personal nutritional health plan.
HE.9-12.2.2.12.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

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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

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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

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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

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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

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1. [Body Composition calculator](#)
2. [My Food Plate poster analysis](#)
3. [Food Journal](#)

## Assessments

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<https://docs.google.com/document/d/1z90hu2-lCXoUTewriJPJT15846tUuXMFSuMHD8is0yI/edit>

## **Modifications for Diverse Learners**

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<https://docs.google.com/document/d/1cUIE1QRfV7jJNjgU2NdcW1x91UAYDENE/edit>