

# Unit 5 - Nutrition

Content Area: **Unified Arts**  
Course(s): **Health 6**  
Time Period: **March**  
Length: **22 Days**  
Status: **Published**

## Unit Summary

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Within this unit, students will understand that the six essential nutrients include fats, proteins, water, minerals, vitamins, and carbohydrates. Throughout the units, students will determine examples of each component and note healthy vs. unhealthy options. As well as students will understand that certain essential nutrients should have a limited intake to guarantee that there isn't an unhealthy amount being consumed, which will assist with portion control. Reading nutrition labels when buying food and ordering out from restaurants can also assist with consuming the right amount of each nutrient.

## Standards

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HPE.2.1.6.B.1	Determine factors that influence food choices and eating patterns.
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.
CAEP.9.2.8.B.2	Develop a Personalized Student Learning Plan with the assistance of an adult mentor that includes information about career areas of interest, goals and an educational plan.
CAEP.9.2.8.B.3	Evaluate communication, collaboration, and leadership skills that can be developed through school, home, work, and extracurricular activities for use in a career.
TECH.8.1.8.A.1	Demonstrate knowledge of a real world problem using digital tools.
TECH.8.1.8.A.CS1	Understand and use technology systems.
TECH.8.1.8.A.CS2	Select and use applications effectively and productively.
TECH.8.1.8.D.CS2	Demonstrate personal responsibility for lifelong learning.
TECH.8.1.8.F.CS1	Identify and define authentic problems and significant questions for investigation.
TECH.8.1.8.F.CS2	Plan and manage activities to develop a solution or complete a project.
TECH.8.1.8.F.CS3	Collect and analyze data to identify solutions and/or make informed decisions.

## Student Learning Objectives

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- Students will learn the importance of consuming healthy food choices and nutrients for growth, energy, and proper body functioning.
- Students will learn the importance of the 6 essential nutrients.
- Students will learn the harm in eating from fast food restaurants by adding daily value intakes.
- Students will learn the six main nutrients and a variety of foods that contain them.
- Students will learn how nutrients help us grow and stay healthy.
- Students will learn knowledge of healthy foods and food groups to create a healthy meal or snack.
- Students will learn ways to limit the consumption of solid fats, added sugars, and sodium.
- Students will learn read, compare, and analyze Nutrition Facts labels to determine which snack is a healthier alternative.
- Students will learn the importance of a healthy body image.

- Students will learn the difference between hunger and appetite.

## Essential Questions

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- Why is it important to eat a nutritious, balanced diet?
- Why is proper nutrition important to having lifelong health?
- How can meal planning benefit a person?
- How can a person eat proper food portions when not preparing the meal?
- How do you calculate and monitor caloric intake?
- Identify the importance of a healthy body image.
- How does eating and physical activity affect weight.
- Describe the symptoms and risks of various eating disorders.
- What are the functions of the 6 essential nutrients in maintaining health?
- What influences your food choices?
- Why are food choices and moderation in portion sizes important in a healthy diet?

## Enduring Understandings

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- Students will understand that eating patterns are influenced by many different factors.
- Students will understand that healthy eating behaviors and fitness skills promote lifelong wellness.

## Application

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- Students will be able to independently use their learning take away knowledge and transfer it when preparing meals, grocery shopping, and eating out at restaurants.
- Students will be able to independently use their learning to help their family and friends with nutrition and exercise.

## Skills

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Students will be skilled at:

- Identifying the 5 food groups/MyPlate (fruits, vegetables, dairy, protein, and grains).
- Identifying 6 essential nutrients such as protein: amino acids and essential/incomplete, fats: unsaturated fats vs. saturated fats, carbohydrates: complex starches and simple sugars, minerals, vitamins: water/fat soluble, water.
- Identifying different parts of a food label and how they help students.
- Visualizing proper serving sizes based on everyday objects.
- Comparing food choices from a menu.

