

# Unit 1 - Nutrition

Content Area: **Unified Arts**  
Course(s): **Health 7**  
Time Period: **September**  
Length: **10 Days**  
Status: **Published**

## Unit Summary

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Nutrition is an element of our society that directly impacts everyone's health and well being. Throughout this unit, students will review the main food groups while creating a healthy diet. The importance of labels and nutritional information will be used as key information to determine what is best to eat at any given point. In addition, different diets will be analyzed to determine the impact that they have on one's diet.

## Standards

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HPE.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.
HPE.2.1.8.B.2	Identify and defend healthy ways for adolescents to lose, gain, or maintain weight.
HPE.2.1.8.B.3	Design a weekly nutritional plan for families with different lifestyles, resources, special needs, and cultural backgrounds.
HPE.2.1.8.B.4	Analyze the nutritional values of new products and supplements.
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.CS1	Advocate and practice safe, legal, and responsible use of information and technology.
TECH.8.1.8.D.CS2	Demonstrate personal responsibility for lifelong learning.
TECH.8.1.8.F.CS2	Plan and manage activities to develop a solution or complete a project.

## Student Learning Objectives

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- Students will learn the six nutrients.
- Students will learn the relationship between nutrients, calories and energy.
- Students will learn the food guidance system and its requirements.
- Students will learn the relationship between nutrition, physical activity and weight management.
- Students will learn the benefits and best sources of each nutrient group.
- Students will learn the definition of nutrient dense foods and how to select them.
- Students will learn the benefits of an individual fitness and nutrition program.
- Students will learn the benefits of a collaborative fitness and nutrition program.
- Students will learn the benefits of goal setting in the areas of nutrition and fitness.
- Students will learn the implications of food choices and physical activity on total health to include your risk of disease.
- Students will learn how to read a nutritional facts label.

## Essential Questions

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- What is the difference between healthy and unhealthy eating practices?
- How does culture, health status, age, and eating environment influence personal eating patterns and recommend ways to provide nutritional balance?
- How does one identify and defend healthy ways for adolescents to lose, gain, or maintain weight?
- How does one analyze the nutritional values of new products and supplements?

## Enduring Understandings

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- Students will understand that the promotion of nutrition and physical activity establishes lifelong wellness.

## Application

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- Students will be able to independently use their learning...

## Skills

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Students will be skilled at:

- Describing factors that influence one's food choices.
- Defining carbohydrates, proteins, fats, vitamins, minerals, and water.
- Identifying and choosing food sources for carbohydrates, proteins, fats, vitamins, minerals, and water.
- Describing the role of water in maintaining good health.
- Naming the six food groups and recommended servings for each food group.
- Explaining the use of food groups to develop healthy eating patterns.
- Creating a healthy diets.
- Listing the information required on a nutritional information label.
- Explaining the difference between enriched and fortified foods.
- Calculating calories from the food label.
- Reading and analyzing food labels.
- Explaining calories, their role as the body's fuel, and how they affect body weight.
- Evaluating popular diets.
- Describing ways to select and handle food safely.

