

# Unit 5: Nutrition

Content Area: **Unified Arts**  
Course(s): **Health 3**  
Time Period: **February**  
Length: **13 classes**  
Status: **Published**

## Unit Summary

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Nutrition is an important part to physical health. The goal of this unit is for students to acquire the knowledge to make healthy food choices as they grow and develop, in addition to why it is important to live a healthy lifestyle.

## Student Learning Objectives

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Students will learn to:

- identify the six essential nutrients.
- explain the importance of making healthy food choices.
- differentiate between healthy and unhealthy eating practices.
- label MyPlate with the five food groups.
- create a personal MyPlate to represent their healthy food choices.

## Essential Questions

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What makes a food healthy?

Why do we need to follow MyPlate?

How does a balanced diet change as an individual grows and develops?

## Enduring Understandings

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Students will understand that:

- making healthy food choices is important for the body's growth, energy, and proper function.
- food is a necessity for survival, so following MyPlate guidelines helps individuals to eat a balanced diet as the body develops over time.

## Application

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Students will be able to independently use their learning to analyze their own food choices as they strive to create a balanced diet.

## **Skills**

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Students will be skilled at:

- recognizing the six essential nutrients.
- explaining the importance of eating a balanced diet.
- comparing food choices when determining if it is healthy or unhealthy.
- assessing own diet and food choices to develop a balanced diet through MyPlate.