

# Unit 4: Nutrition

Content Area: **Unified Arts**  
Course(s): **Health 4**  
Time Period: **January**  
Length: **3 Double Blocks**  
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 build upon their knowledge from third grade to read food labels and create a balanced meal. This knowledge helps students make healthy food choices as they grow and develop into a healthy lifestyle.

## Standards

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HPE.2.1.4.B.1	Explain how healthy eating provides energy, helps to maintain healthy weight, lowers risk of disease, and keeps body systems functioning effectively.
HPE.2.1.4.B.3	Create a healthy meal based on nutritional content, value, calories, and cost.
HPE.2.1.4.B.4	Interpret food product labels based on nutritional content.
PFL.9.1.4.B.3	Explain what a budget is and why it is important.
PFL.9.1.4.B.4	Identify common household expense categories and sources of income.
PFL.9.1.4.E.2	Apply comparison shopping skills to purchasing decisions.
CAEP.9.2.4.A.2	Identify various life roles and civic and work - related activities in the school, home, and community.
CAEP.9.2.4.A.4	Explain why knowledge and skills acquired in the elementary grades lay the foundation for future academic and career success.

## Student Learning Objectives

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Students will learn to:

- explain the importance of the six essential nutrients.
- identify the five food groups.
- explain the importance of making healthy food choices.
- analyze a product label for nutritional content.
- create a personalized healthy balanced meal.

## Essential Questions

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What makes a food healthy?

Why do we need to eat balanced meals?

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 reading food product and nutrition labels helps individuals to eat a balanced diet as their body develops over time.

## **Application**

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Students will be able to independently use their learning to analyze their own lifestyle to create balanced healthy meals.

## **Skills**

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Students will be skilled at:

- explaining the six essential nutrients.
- explaining the importance of eating a balanced diet.
- reading a food product and nutrition label.
- creating a balanced healthy meal.