06 Nutrition

Content Area: **Health and Physical Education**
Course(s):
Time Period: **Marking Period 3**
Length: **1 week**
Status: **Published**

Brief Summary of Unit

This unit will offer insight into proper eating habits which includes dietary guidelines, nutritional maintenance, and prevention of eating disorders. Emphasis will be placed on the MyPlate model of meal design to ensure consumption of all necessary nutrients and food groups required for growth and development.

Standards

2.1.12.PGD.1	Develop a health care plan that includes practices and strategies designed to support an active lifestyle, attend to mental health, and foster a healthy, social and emotional life.
2.1.12.PGD.2	Predict how healthy and unhealthy behaviors can affect brain development and impact physical, social and emotional stages of early adulthood.
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.
2.2.12.N.2	Determine the relationship of nutrition and physical activity to weight loss, gain, and maintenance.
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.
2.2.12.N.4	Implement strategies and monitor progress in achieving a personal nutritional health plan.
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.

Essential Questions

What nutrients are most beneficial to the body to function and grow properly according to MyPlate?

What role does nutrition play in physical, mental, social, and emotional health?

Students Will Know/Students Will be Skilled At

forming healthy eating habits early in life is a lifetime skill that will benefit overall health and wellness

balancing your diet is extremely important for proper body functioning

The different food groups associated with the MyPlate model of meal planning

Sixty minutes a day of exercise combined with healthy eating habits is the best way to maintain a healthy body composition

How to design and implement a balanced meal plan

Learning Plan

Preview the essential questions and connect to learning throughout the unit.
Review the MyPlate model of meal planning

Create sample meals as small groups

Research different popular diets and present the pros and cons of each

Complete and analyze a week long nutrition log

Create an action plan for modifying and improving upon their current diet

Introduce common eating disorders, ways to identify if one is developing an eating disorder, and how to get the proper help if one has unhealthy eating habits

Practice Quiz and review

Unit test

Evidence/Performance Tasks

Completed guided notes packets

Sample meal plans

Diet research project

Personal nutritional log analysis

Practice quiz

Unit test

Materials

Laptops

Projector

Construction paper

Markers

Course videos

Suggested Strategies for Modification

one-to-one instruction and assistance
cooperative learning groups
study partners
additional time on task
assessment based on individual development in the area of study
images and visual aids
handouts of notes, procedures, processes, diagrams, etc.

preferential seating
reading material modified to student level
testing materials appropriate to student level
Google Slides Presentations
Lectures
Group work
Presentation/ Skits
Class Discussions
Videos
Research through technology

Extended time on quizzes