Unit 05: Nutrition

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

Brief Summary of Unit

The ability to understand and incorporate wellness practices into one's daily living is vital to the well-being of our students and directly correlates to their optimal overall health. Effective health practices provide students with the potential for success when choosing a career and allow for the pursuit of any career interest. When taking this course, students develop their understanding of the interrelationship between wellness, overall well-being and success.

Students will learn and understand skills necessary for improving physical, mental/emotional, and social health in order to achieve overall wellness. Students will learn about health risks, decision making, setting goals, and building good character. Students will learn ways to apply knowledge gained to their own personal life.

Revision Date: July 2020

Standards

By the end of Grade 8:

2.2 Physical Wellness

Nutrition

Many factors can influence an individual's choices when selecting a balanced meal plan, which can affect nutritional wellness.

- 2.2.8.N.1: Analyze how culture, health status, age and access to healthy foods can influence personal eating habits.
- 2.2.8.N.2: Identify skills and healthy behaviors that can support adolescents in losing, gaining or maintaining healthy weights.
- 2.2.8.N.3: Design sample nutritional plans for families with different lifestyles, resources, special needs, and cultural backgrounds; then consider the similarities and differences among the plans.
- 2.2.8.N.4: Assess personal nutritional health and consider opportunities to improve health and performance (e.g., sports drinks, supplements, balance nutrition).

Interdisciplinary connections across content areas

- LA.WHST.6-8.2.D - Use precise language and domain-specific vocabulary to inform about or explain the topic.

- LA.WHST.6-8.4 - Produce clear and coherent writing in which the development, organization, voice, an style are appropriate to task, purpose, and audience.
- LA.WHST.11-12.6 - Use technology, including the Internet, to produce, share, and update writing products in response to ongoing feedback, including new arguments or information.

Inclusion of the Career Ready Practice Standards

- CRP.K-12.CRP4: Communicate clearly and effectively and with reason.

Integration of 21st Century Skills through NJSLS 9

- 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.

Integration of Technology Standards through the NJSLS

- TECH.8.1.8.A.3: Use and/or develop a simulation that provides an environment to solve a real world problem or theory.

Transfer

Essential Questions

- How does what I eat affect my physical and mental health?
- How do nutritional choices impact wellness and quality of life?
- How do I find valid information about nutrition and its impact on health?

Essential Understandings

- nutrition and eating habits affect overall health and body systems.
- it is important to take the steps necessary to build a healthy body image.
- creating a healthy nutrition plan can lead to maintaining a healthy body weight.
- there are health dangers associated with an unhealthy body weight.
- outside factors affect and influence eating habits.
- there are resources available to help with eating disorders.

Students Will Know

- the process of digestion and excretion.
- strategies to take care of the body systems.
- how to determine their body mass index.
- what constitutes a healthy body image
- ways to maintain a healthy weight.
- the common eating disorders

Students Will Be Skilled At

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    - key terms and concepts, including: nutrients, carbohydrates, fiber, protein, fats, saturated fats, unsaturated fats, cholesterol, trans fatty acids, vitamins, minerals, water, calories, supplements, digestion, digestive system, saliva, enzymes, intestines, colon, liver, pancreas, excretion, excretory system, kidneys, body image, body mass index, eating disorders, anorexia nervosa, bulimia nervosa, binge eating the six different nutrient categories. .
    - how to analyze a nutrition facts panel.
    - that there are outside factors which influence food choices.
    - how to develop a healthy nutrition plan.
    - how to choose healthful snacks.

Evidence/Performance Tasks

When taking a Physical Education or Health course, students demonstrate differentiated abilities to answer the essential questions and meet course objectives through formative and summative assessments. Evidence of progression in answering the essential questions and meeting course objectives demonstrates the development of proficiency over time. The performance tasks below are implemented as benchmark assessments and, based on individual student readiness and performance, can be implemented as formative and/or summative assessments. Student proficiency allows for additional or alternative assessment based on demonstration or absence of skill.

- follow all class rules and regulations.
- keep a weekly log on diet habits
- create a personal nutrition plan.
- demonstrate the ability to read and analyze a nutrition facts panel.
- calculate their body mass index.

- brainstorm strategies to improve and maintain healthy body composition.
- complete a written assessment on the topics of nutrients, analyzing a nutrition fact panel, and calculating body mass index.
- answer the essential questions.

Learning Plan

- Preview the essential questions and connect to learning throughout the unit.
- Provide an introduction and overview of nutrition including the different nutrients, how to read a nutrition fact panel, how to calculate body mass index, how to improve nutrition habits, the importance of creating a healthy nutrition plan.
- Discuss key terms and concepts, including: nutrients, carbohydrates, fiber, protein, fats, saturated fats, unsaturated fats, cholesterol, trans fatty acids, vitamins, minerals, water, calories, supplements, digestion, digestive system, saliva, enzymes, intestines, colon, liver, pancreas, excretion, excretory system, kidneys, body image, body mass index, eating disorders, anorexia nervosa, bulimia nervosa, binge eating.
- Identify nutrients necessary for healthy living.
- Analyze and modify one's current nutrition plan to improve eating habits.
- Create a healthy personal nutrition plan.
- Complete a written assessment on the topics of nutrients, analyzing a nutrition fact panel, and calculating body mass index.

Materials

Laptops

Projector

Construction paper

Markers

Course videos

Handouts

Associated web content and media sources are infused into the unit as applicable and available

In addition the materials above, the link connects to district approved textbooks and resources utilized in this course

CORE BOOK LIST

The materials used in this course allow for integration of a variety of instructional, supplemental, and

intervention materials that support student learners at all levels in the school and home environments

Suggested Strategies for Modifications

https://docs.google.com/spreadsheets/d/1JN3XzsuRVs09JoqKayEQYWUZt4rJdwqQ3rQI5jqs5C4/edit?usp=sharing