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 that proper nutrition is essential in maintaining overall health and wellness. Students will learn about nutrients that are essential to the body, as well as learn to analyze a nutrition fact panel. Students will also learn about common eating disorders, and ways to treat them. Students will learn ways to apply knowledge gained during the unit to their own personal life.

Revision Date: July 2020

Essential Questions

- How does what I eat affect my physical 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

- eating habits and food choices play an important part in overall health and wellness.
- ingestion of nutrients is crucial for the body to properly function.
- it is important to make healthy eating choices by analyzing nutrition fact labels.
- both physical activity and nutrition choices are important in maintain a healthy weight and a positive body image.
- creating a nutrition plan can help achieve nutritional goals.
- eating disorders are preventable and that there is help available for those who develop them.

Students Will Know

- key terms and concepts, including: nutrients, appetite, carbohydrates, fiber, proteins, fats, saturated fats, unsaturated fats, cholesterol, vitamins, minerals, water, calorie, sodium, body image, body mass index, appropriate weight, overweight, underweight, eating disorder, binge eating, obese, anorexia nervosa, bulimia nervosa.
- the main nutrients and their effects on the body.
- how outside factors and emotions can influence food choices and body image.
- how to analyze a nutrition fact panel.

Students Will Be Skilled At

- how to make healthy snack choices and develop a healthy meal plan.
- how to maintain a healthy weight.
- common eating disorders and the resources available for those who are seeking help.

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.

- complete a diagram labeling the different parts of a nutrition facts panel.
- work in groups to identify eating habits that would put one at risk for obesity and other health problems.
- complete a weekly nutrition log, followed by an analysis of their current eating habits.
- create a healthy meal plan.
- complete a written assessment on nutrients, nutrition fact panel, body image, and eating disorders.
- follow all class rules and regulations
- answer the essential questions.

Learning Plan

- Preview the essential questions and connect to learning throughout the unit.
- Introduce the nutrition unit, including nutrients, nutrition fact label, eating habits and patterns, healthy snack choices, eating disorders, and resources for help with eating disorders.
- Discuss key terms and concepts, including: nutrients, appetite, carbohydrates, fiber, proteins, fats, saturated fats, unsaturated fats, cholesterol, vitamins, minerals, water, calorie, sodium, body image, body mass index, appropriate weight, overweight, underweight, eating disorder, binge eating, obese, anorexia nervosa, bulimia nervosa.
- Discuss and create strategies to improve current eating habits.
- Analyze a nutrition fact panel.
- Complete and analyze a weekly nutrition log.
- Learn the components of a healthy meal plan.
- Create a healthy meal plan.
- Work in groups to recognize signs and treatments of different eating disorders.
- Complete a written assessment on nutrients, nutrition fact panel, body image, and eating disorders.

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 environment.

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., sport 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, and 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 respons 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

Suggested Strategies for Modifications

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