

Unit 2: Nutrition/Managing your weight

Content Area: **Template**
Course(s):
Time Period: **Full Year**
Length: **Full Year**
Status: **Published**

UNIT RATIONALE

The twelfth-grade health education program is designed to develop the skills necessary to evaluate and improve a student's overall health. Throughout the course of study, students will understand the impact nutrition has on wellness. Through skills-based activities, students will expand their understanding of nutrition concepts and how they can affect an individual's health. Students will analyze the impact that behaviors can have on someone's overall wellness and will seek ways to improve their health by eliminating unhealthy behaviors from their lives.

ESSENTIAL QUESTIONS

- How can nutrition affect wellness?
- What is the relationship between physical activity and weight management?
- What factors contribute to noncommunicable diseases related to nutrition?
- How does nutrition change throughout one's life?
- How can nutrition affect wellness?

STANDARDS

NEW JERSEY STUDENT LEARNING STANDARDS: CONTENT AREA

New Jersey (NJSL) - Grades 9-12 - Comprehensive Health and Physical Education (2020)

HE.9-12.2.2.12.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.
HE.9-12.2.2.12.N.2	Determine the relationship of nutrition and physical activity to weight loss, gain, and maintenance.
HE.9-12.2.2.12.N.3	Analyze the unique contributions of each nutrient class (e.g., fats, carbohydrates, protein, water, vitamins, minerals) to one's health and fitness.
HE.9-12.2.2.12.N.4	Implement strategies and monitor progress in achieving a personal nutritional health plan.
HE.9-12.2.2.12.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.
HE.9-12.2.2.12.LF.1	Apply and share a movement and physical fitness vocabulary that is intrinsic to motivate

	oneself, to impact family, and others in a community.
HE.9-12.2.2.12.LF.2	Develop a sense of openness and willingness when participating in physical fitness activity to share and learn experiences from your own and other cultures.
HE.9-12.2.2.12.LF.3	Examine building to a level of fitness to successfully participate in a range of different physical activities during a lifetime.
HE.9-12.2.2.12.LF.4	Exhibit responsible social behavior by including and cooperating with classmates of all skill levels, assisting when needed, and collaborating respectfully to solve problems in groups, teams, and in pairs during physical activity.
HE.9-12.2.2.12.LF.5	Describe the social benefits gained from participating in physical activity (e.g., meeting someone, making friends, team work, building trust, experiencing something new).
HE.9-12.2.2.12.LF.6	Implement a financial plan for participation in physical activity in the community for self and family members.
HE.9-12.2.2.12.LF.7	Analyze the current and future impact of globalization and technology on the influences of participation in sports, games, physical fitness activities, dance, gaming, outdoor adventure, viewing sports, and social and emotional connections.
HE.9-12.2.2.12.LF.8	Identify personal and community resources to explore career options related to physical activity and health.

NEW JERSEY STUDENT LEARNING STANDARDS: CAREER READINESS, LIFE LITERACIES AND KEY SKILLS

NEW JERSEY STUDENT LEARNING STANDARDS: COMPUTER SCIENCE AND DESIGN THINKING

PRE-ASSESSMENTS

The Teacher will open each lesson by asking students about the topic that will be covered that day. This may include certain vocab words or concepts. This will serve as a baseline to determine the student's prior knowledge of the subject. The teacher will attempt to correct any information provided by the students that may not be factually correct.

Some other examples that can be used are...

Power points

Group projects

Handouts

Video Critiques

Wellness project

Web quest

Debates around different diets.

Design goals to improve nutrition and overall health.

Create a personal nutritional goal that encompasses all components to enhance health.

INSTRUCTIONAL PLAN

Student Learning Intentions (SLI) WALT: (We are learning to...)	
Student Learning Strategies	
Success Criteria	
Formative Assessment (drives instructional decisions)	
Activities and Resources	
Suggested Modifications	

[12th Health Education CAR Model Nutrition Days 1-10.docx](#)

REFLECTIONS

INTERDISCIPLINARY CONNECTIONS: NEW JERSEY STUDENT LEARNING STANDARDS FOR ELA, SOCIAL STUDIES, SCIENCE AND/OR MATHEMATICS
