

Unit 1: Nutrition (grade 5)

Content Area: **Health**
Course(s): **Health and Physical Ed**
Time Period: **1 marking period**
Length: **1 Weeks**
Status: **Published**

Unit Overview

Students will learn the importance of good nutrition and the impact it has on our bodies.

Transfer

Students will be able to independently use their learning to...

- Make good food choices
- Be able to make a well balanced meal

For more information, read the following article by Grant Wiggins.

http://www.authenticeducation.org/ae_bigideas/article.lasso?artid=60

Meaning

Understandings

Students will understand that...

- making good food choices are important to living a healthy lifestyle.

Essential Questions

Students will keep considering...

-What thought provoking questions will foster inquiry, meaning making and transfer?

Application of Knowledge and Skill

Students will know...

Students will know...

-how to read a food label

-how to read the food guide

-how to plan a well balanced meal

Students will be skilled at...

Students will be skilled at...

What discrete skills and processes should students be able to use?

Academic Vocabulary

Learning Goal 1

Students will be able to read nutrition labels

- Students will be able to read nutrition labels

HPE.2.1.6.B.4

Compare and contrast nutritional information on similar food products in order to make informed choices.

Target 1

Students will be able to locate the nutrition label on all products

Target 2

Students will be able to understand food labels and how to use them.

Learning Goal 2

Students will be able to list factors and influences to eating habits

- Students will be able to list factors and influences to eating habits

HPE.2.1.6.B.1

Determine factors that influence food choices and eating patterns.

HPE.2.1.6.B.CS1

Eating patterns are influenced by a variety of factors.

Target 1

Discuss how a persons ethnicity can influence food choices

Target 2

Discuss how income can effect a persons food choices

Learning Goal 3

Students will be ale to create a well balanced meal.

- Students will be ale to create a well balanced meal.

HPE.2.1.6.B.3 Create a daily balanced nutritional meal plan based on nutritional content, value, calories, and cost.

HPE.2.1.6.B.4 Compare and contrast nutritional information on similar food products in order to make informed choices.

Target 1

Students will be able to list what is needed to create a well balanced meal.

Target 2

Students will be able to chose healthy food choices

Summative Assessment

Teacher visual assessment to make sure students are all following along.

21st Century Life and Careers

WORK.5-8.9.2.8 A.1	Communicate, analyze data, apply technology, and problem solve.
WORK.5-8.9.2.8 A.2	Describe how personal beliefs and attitudes affect decision-making.
WORK.5-8.9.2.8 D.4	Describe how personal ethics influence decision making.
WORK.5-8.9.2.8 E.3	Understand that people make financial choices that have costs, benefits, and consequences.

Formative Assessment and Performance Opportunities

Final project: Students will need to make a well balanced meal based on nutrition, calories and cost.

Differentiation/Enrichment

inclusion strategies

motivating activities

reteaching opportunities

Unit Resources

Health textbook

worksheets

videos