

# 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

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

## Transfer

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

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

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

[http://www.authenticeducation.org/ae\\_bigideas/article.lasso?artid=60](http://www.authenticeducation.org/ae_bigideas/article.lasso?artid=60)

## Meaning

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## Understandings

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Students will understand that...

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

## **Essential Questions**

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Students will keep considering...

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

## **Application of Knowledge and Skill**

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### **Students will know...**

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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...**

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Students will be skilled at...

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

## Academic Vocabulary

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### Learning Goal 1

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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

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

### Target 2

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

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### Learning Goal 2

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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

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Discuss how a persons ethnicity can influence food choices

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## **Target 2**

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Discuss how income can effect a persons food choices

## **Learning Goal 3**

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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.
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HPE.2.1.6.B.4	Compare and contrast nutritional information on similar food products in order to make informed choices.
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## **Target 1**

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

## **Target 2**

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Students will be able to chose healthy food choices

## **Summative Assessment**

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

## **21st Century Life and Careers**

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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**

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

## **Differentiation/Enrichment**

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inclusion strategies

motivating activities

reteaching opportunities

## **Unit Resources**

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Health textbook

worksheets

videos