

Unit I: Nutrition

Content Area: **Physical Education and Health**
Course(s):
Time Period:
Length: **6 Days**
Status: **Published**

State Mandated Topics Addressed in this Unit

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N/A	N/A

Unit Summary

The purpose of this unit is to have students explore how personal food choices, economics and behaviors influence weight management, disease prevention and overall health.

Learning Objectives

- Define and describe different eating disorders
- How can personal economics influence food choices?
- How can you make healthier fast food choices?
- How do food choices directly relate to weight management, illness, and overall health?
- How do you determine appropriate portion sizes?
- How much water should you be drinking a day?
- I can identify at least 2 food sources of each essential nutrient.
- I can identify micro- and macro-nutrients.
- I can list 1 method to incorporate essential nutrients to develop a healthy and balanced diet.
- I can summarize the importance of eating a nutrient-rich diet with an emphasis on fruits, vegetables, and water.
- What are the nutrients in fast food that may increase health risks?
- What beverages contain the most sugar?
- What foods are rich in calcium?
- What foods are rich in vitamin D?
- What is fast food?
- Why is a healthy eating style important?
- Why is it important to access reliable and valid information regarding nutrition?
- Why is it important to consume the proper amounts of vitamin D and calcium?

Essential Skills

- Demonstrate how to read and apply the information on the Nutrition Facts label.
- Evaluate their fast food choices and identify ways to improve choices.
- Explain the importance of water and hydration.
- Explain the three components of building a healthy eating style: variety, amount, and nutrition.
- Explain why they need calcium and vitamin D and list good food sources.
- Identify and explain the nutrients in fast food that may increase health risks.
- Identify fast food choices with less saturated fat, added sugar, and sodium.
- Identify foods high in solid fats, added sugars, and salt.
- Identify healthy beverage choices.
- List ways to shift to an eating style that includes healthier food and beverage choices.
- State how much calcium and vitamin D they need.

Standards

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.PF.4	Determine the role of genetics, age, nutrition, sleep, the environment, and exercise type on body composition and personal health (e.g., anabolic steroids, human growth hormones, stimulants).

Enduring Understanding

- There are many short and long term health benefits and risks associated with nutritional choices.

Instructional Tasks/Activities

- Constructed response
- Do nows and/or exit slips
- Eating Disorders Activity
- Eating Disorders Notes
- Educational Video

- Essential Nutrients Group Work
- Exit Cards (answer to daily objective questions)
- Fast Food Advertisement Follow Up
- Fast Food Logo Quiz
- Fed Up Movie and Questions
- Food Truck Project
- Graphic organizers or models
- Guided discussion within small groups
- Guided practice
- Healthy Eating Tips Group work
- How Nutrition effects different parts of the body activity
- Individual, small, and large group work
- Nutrient Grocery Shopping
- Nutrient Kahoot
- Nutrient Superhero
- Nutrient Tabs
- Nutrition Labels Slides and Stations
- Opening Questions
- PowerPoint Notes
- Quizzes
- Reading and Understanding Nutrition Labels
- Review Activity
- Section Review Questions
- Tests

Recommended Technology Activities

- Appropriate Content Specific Online Resource
- Chromebook
- Copy/Paste Content Specific Link Here
- Copy/Paste Content Specific Link Here
- Copy/Paste Content Specific Link Here
- Gimkit
- GoGuardian
- Google Classroom
- Google Docs
- Google Forms
- Google Slides
- Kahoot

- MagicSchool AI
- Other- Specified in Lesson
- Quiziz
- Screencastify

Accommodations & Modifications & Differentiation

Accommodations and Modifications should be used to meet individual needs. Their IEP and 504 plans should be used in addition to the following suggestions.

Gifted and Talented

- Compare & Contrast
- Conferencing
- Debates
- Jigsaw
- Peer Partner Learning
- Problem Solving
- Structured Controversy
- Think, Pair, Share
- Tutorial Groups

Instruction/Materials

- alter format of materials (type/highlight, etc.)
- color code materials
- eliminate answers
- extended time
- extended time
- Guided Notes
- large print
- modified quiz
- modified test
- Modify Assignments as Needed
- Modify/Repeat/Model directions
- necessary assignments only
- Other (specify in plans)
- other- named in lesson

- provide assistance and cues for transitions
- provide daily assignment list
- read class materials orally
- reduce work load
- shorten assignments
- study guide/outline
- utilize multi-sensory modes to reinforce instruction

Environment

- alter physical room environment
- assign peer tutors/work buddies/note takers
- assign preferential seating
- individualized instruction/small group
- modify student schedule (Describe)
- other- please specify in plans
- provide desktop list/formula

Assessment Procedure

Student progress will be measured by formative and summative assessments. Either formally or informally artists' progress will be assessed weekly in order to maximize student understanding of current and cumulative topics. This unit is sequenced to begin with a lesson on MyPlate this lesson includes information about how to build a healthy meal. After this fast food and beverages will be discussed. Finally the importance of vitamins and minerals will be taught.

- Classroom Total Participation Technique
- Classwork
- DBQ
- Essay
- Exit Ticket/Entrance Ticket/Do Now
- Flashcards and/or drill and practice
- Forced Choice Activities
- Group Projects
- Inquiry based activities with reflective discussion
- Journal / Student Reflection
- Kahoot
- Lecture with note taking or guided notes
- Other named in lesson

- Peer Review
- Performance
- PowerPoint presentations
- Problem Correction
- Project
- Quiz
- Rubric
- Teacher Collected Data
- Test
- Whole and small group discussions
- Worksheet

Honors Modifications

Resources

- Drexel University SNAP-Ed <https://sites.google.com/view/nutred4philly/home/lesson-series>