

Unit 3-Nutrition

Content Area: **P.E. & Health**
Course(s): **Health 3**
Time Period: **Marking Period 3**
Length: **MP3**
Status: **Published**

Essential Questions

- How does what I eat effect my health?

Big Ideas

- Investigate how the effects of healthy eating impact your lifestyle.

Enduring Understandings

B. Nutrition

- 2.1.4.B.1[M] Explain how healthy eating provides energy, helps to maintain healthy weight, lowers risk of disease, and keeps body systems functioning effectively.
- 2.1.4.B.2[M] Differentiate between healthy and unhealthy eating practices.
- 2.1.4.B.3[M] Create a healthy meal based on nutritional content, value, calories, and cost.
- 2.1.4.B.4[M] Interpret food product labels based on nutritional content.

Core Lessons

- U.S. Department of Agriculture: <http://www.choosemyplate.gov/kids/ParentsEducators.html>
- Serving Up My Plate: A Yummy Curriculum, Grades 3&4: My Menu Activity
- BrainPOP: <https://www.brainpop.com>

Health>Personal Health>Obesity

- TIME for Kids, Spreading the Lunch, article and activity
- Studying Food Labels, activity
- Soda and Sugar, experiment
- What foods have a lot of fat?, experiment
- Who Am I?, activity

