Unit 1-4F Nutrition

Content Area: **P.E. & Health**
Course(s): **Health 5**
Time Period: **MP1-4**
Length: **Day 4**
Status: **Published**

Essential Questions

- Why is nutrition important to one's overall health?

Big Ideas

- Understanding the principals of a balanced nutritional plan (e.g. moderation, variety of fruits, vegetables, limiting processed foods) assists in making nutrition-related decisions that will contribute to wellness.

Enduring Understandings

2.2.5.N.1: Explain how healthy eating provides energy, helps to maintain healthy weight, lowers risk of disease, and keeps body systems functioning effectively.

2.2.5.N.2: Create a healthy meal based on nutritional content, value, calories, and cost.

2.2.5.N.3: Develop a plan to attain a personal nutrition health goal that addresses strengths, needs, and culture.

Resources