Unit 1-4D Nutrition

Content Area: **P.E. & Health**
Course(s): **Health 6**
Time Period: **MP1-4**
Length: **3 Days**
Status: **Published**

Essential Questions

- What does a healthy meal consist of?

Big Ideas

- Many factors can influence an individual's choices when selecting a balanced meal plan, which can affect nutritional wellness.

Enduring Understandings

2.2.8.N.1: Analyze how culture, health status, age and access to healthy foods can influence personal eating habits.

2.2.8.N.2: Identify skills and healthy behaviors that can support adolescents in losing, gaining, or maintaining healthy weights.

2.2.8.N.3: Design sample nutritional plans for families with different lifestyles, resources, special needs, and cultural backgrounds; then consider the similarities and differences among the plans.

2.2.8.N.4: Assess personal nutritional health and consider opportunities to improve health and performance (e.g., sports drinks, supplements, balance nutrition).

Resources

- *Totally Awesome Health*, Macmillan/McGraw-Hill, grade 6

  Unit 10
  Lesson 50: You Can Have First Aid Skills