

# Unit 1-4D Nutrition

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

## Essential Questions

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- What does a healthy meal consist of?

## Big Ideas

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

## Enduring Understandings

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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

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

Unit 10

Lesson 50: You Can Have First Aid Skills

