MP4- Nutrition

Content Area: **P.E. & Health**
Course(s): **Health K**
Time Period: **Marking Period 4**
Length: **MP4**
Status: **Published**

Essential Questions

- What are the different food groups?
- What are healthy foods vs. unhealthy foods?

Big Ideas

- Nutritious food choices promote wellness and are the basis for healthy eating habits.

Enduring Understandings

2.2.2.N.1: Explore different types of foods and food groups.

2.2.2.N.2: Explain why some foods are healthier to eat than others.

2.2.2.N.3: Differentiate between healthy and unhealthy eating habits

Resources

- **https://www.youtube.com/watch?v=bPBCg4PsE5k**
- BrainPop Jr. Food Groups
- https://www.youtube.com/watch?v=7u5oU613pOc
- The Great Body Shop: Healthful Food