

# MP4- Nutrition

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

## Essential Questions

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

## Big Ideas

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

## Enduring Understandings

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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

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

