

Health Unit 03: Nutrition

Content Area: **Health & PE**
Course(s): **Health 4, PE 4**
Time Period: **Generic Time Period**
Length: **3 weeks**
Status: **Published**

Unit Introduction

Students will be able to describe the relationship between nutrition and overall health and wellness. Students will learn to read and translate nutritional information from a variety of sources. Students will learn the six classes of nutrients, and common foods within each class.

Standards

HPE.2.1.12.B.1	Determine the relationship of nutrition and physical activity to weight loss, weight gain, and weight maintenance.
HPE.2.1.12.B.2	Compare and contrast the dietary trends and eating habits of adolescents and young adults in the United States and other countries.
HPE.2.1.12.B.3	Analyze the unique contributions of each nutrient class (fats, carbohydrates, protein, water, vitamins, and minerals) to one's health.
HPE.2.1.12.B.CS1	Applying basic nutritional and fitness concepts to lifestyle behaviors impacts wellness.

Essential Questions

What is nutrition?

How does nutrition affect your overall health?

How is nutrition affected by the other aspects of health?

What societal factors effect dietary trends?

What steps can you take to ensure your food is safe?

Content / Skills

- Why nutrition matters (Ch 10)
- What influences your food choices (Ch 10)
- 6 classes of nutrients (calorie providing vs non-calorie providing nutrients){Ch 10.2}

- Guidelines for eating right and active living (Ch 10.3)
- Balancing food and physical activity (Ch 10.4)
- Nutrition Label Basics (10.4)
- Food Safety (10.4)