

04_Choosing a Healthy Diet-Managing a Healthy Weight

Content Area: **Science**
Course(s):
Time Period: **Full Year**
Length: **3-4 weeks**
Status: **Published**

General Overview, Course Description or Course Philosophy

This course is a university level course which tests student's knowledge of the impact of lifestyle on one's overall health and well-being including on their physical, mental, and emotional status. It examines interventions to improve health in the areas of nutrition, physical fitness, stress management, disease prevention, and addiction use disorders . An examination by Rutgers University is required to obtain 3 college credits and an official transcript from the university.

OBJECTIVES, ESSENTIAL QUESTIONS, ENDURING UNDERSTANDINGS

Develop an understanding of the mind-body connection and its potential impact on health and wellness.

Summarize basic nutrition, fitness, and weight management guidelines that promote wellness.

CONTENT AREA STANDARDS

SCI.HS-LS1-2	Develop and use a model to illustrate the hierarchical organization of interacting systems that provide specific functions within multicellular organisms.
SCI.HS-LS1-3	Plan and conduct an investigation to provide evidence that feedback mechanisms maintain homeostasis.
VHEL.9-12.9.4.12.H.4	Demonstrate knowledge of human structure and function as well as diseases and disorders to pursue the full range of postsecondary education and career opportunities in this cluster.

RELATED STANDARDS (Technology, 21st Century Life & Careers, ELA Companion Standards are Required)

TECH.9.4.12.CT	Critical Thinking and Problem-solving
TECH.9.4.12.CT.1	Identify problem-solving strategies used in the development of an innovative product or practice (e.g., 1.1.12acc.C1b, 2.2.12.PF.3).

STUDENT LEARNING TARGETS

Declarative Knowledge

Students
will know:

- Develop an understanding of the mind-body connection and its potential impact on health and wellness.
- Summarize basic nutrition, fitness, and weight management guidelines that promote wellness.

Procedural Knowledge

Students
will be able to:

- define nutrient-dense food and calorie-dense food
- describe the US government and health organization dietary guidelines
- describe the nutrition fact labels on manufactured food
- three functions of food
- three functions of biological energy
- seven components of food
- describe the kinds of vegetarian diets and reasons for them.extent and causes of overweight in US
- significance of body mass index (BMI) to health
- body's energy-control system and factors affecting
- Explain why calorie-restriction weight-loss often fails

- features of sensible weight management
- advantages and disadvantages of medical treatments for overweight
- weight-loss fads and fallacies

EVIDENCE OF LEARNING

Formative Assessments

- Worksheets
- End of Chapter Review

Summative Assessments

- Benchmarks – departmental benchmark given at the end of MP1, MP2, or MP3 & MP4 b(Semester Based Course)
- Alternative Assessments
 - Lab inquiries and investigations
 - Lab Practicals
 - Exploratory activities based on phenomenon
 - Gallery walks of student work
 - Creative Extension Projects
 - Build a model of a proposed solution
 - Let students design their own flashcards to test each other
 - Keynote presentations made by students on a topic
 - Portfolio

RESOURCES (Instructional, Supplemental, Intervention Materials)

Health and Wellness, 11th Edition

ISBN-13: 978-1449687106

ISBN-10: 1449687105

INTERDISCIPLINARY CONNECTIONS

- Informal writing
- Ethics
- Data Analysis

ACCOMMODATIONS & MODIFICATIONS FOR SUBGROUPS

See link to Accommodations & Modifications document in course folder.