

Weeks

Massachusetts Performance Standards

The students will:

- 3.14** – Describe how food choices are influenced by availability, individual and family preferences, media, and background, and identify healthy foods within various social groups.
- 3.15** – Explain the relationships among dietary intake, eating behaviors, physical activity, and emotional health.
- 3.17** – Identify the effects of food preparation techniques on the nutritional value of the food.
- 3.21** – Identify how social cultural messages about food and eating influence nutrition choices.

UNIT

Nutrition

Objectives (Students will...)

1. Demonstrate and understanding of how nutrition impacts their health, including being able to give examples of how specific nutrients affect the body.
2. Identify key information about nutritional needs as outlined by the food MyPyramid.
3. Demonstrate the skill of foods label reading, and describe how that skill can be used to benefit their health.
4. Be able to identify healthy choices when dining out at restaurants or getting fast food.

Essential Question

What physical, social, and emotional benefits will you get from gaining further knowledge in nutrition?

Mission and Expectations

Health & Wellness

- Understands the fundamental wellness and fitness concepts and the skills which foster healthy habits and behaviors
- Make healthy –enhancing decisions by assessing risks and considering potential consequences.

Autonomous Learning Skills

- Takes responsibility for his/her learning
- Is a lifelong learner
- Can set priorities and identify

Personal and Social Responsibility

- Takes responsibility for his/her learning
- Respects himself/herself and others

Teacher Resources

1. Health & Wellness Textbooks
2. Worksheets and Handouts on Nutrition

Media and Technology Resources

1. www.mypyramid.gov
2. Interactive Chalkboard – CD lesson plans

Evaluation/Activities

Lecture/Demonstration: Each concept/topic will be introduced by the teacher using any resources that are available.

Class work: To be done on each topic/concept as needed for understanding.

Homework: To be given daily on each introduced topic as determined by the teacher.

Review: All weekly concepts will be reviewed and connections to concepts should be made by the students.

Quiz: Formal assessments will be given as warranted by the curriculum.

Lesson Completion Date:

Technology Used/ Date Used:

Completed By:

Comments:

Week 2

Performance Standards

The students will:

**Unit/Topic/Lesson
UNIT**

1.

Objectives

1.

Essential Question

Mission and Expectations

Teacher Resources

1.

Media Resources

1.

Evaluation/Activities

Class work: To be done on each topic/concept as needed for understanding.
Homework: To be given daily on each introduced topic as determined by the teacher.
Review: All weekly concepts.
Quiz: Assessments given as warranted by the curriculum.

Lesson Completion Date:

Technology Used/ Date Used:

Completed By:

Comments: