Nutrition

Key objectives for the unit:

-To identify the 6 nutrients and primary functions of each within the body  
-To accurately read and analyze parts of a food label (nutrition label)  
-To define calorie and understand the energy balance that stems from calorie intake  
-To describe the relationship between nutrition and physical fitness  
-To properly label and describe the function of the MyPyramid  
-To keep a food diary and analyze food choices in comparison to recommended amounts  
-To identify key health risk factors that could occur as a result of choosing a unhealthful diet  
-Define diet and discuss various types of fad diets, vegetarian diets, lactose intolerance diets and what each consists of

Skills to be acquired:

-Reading a food label accurately and appropriately (per serving)  
-Determine number of calories recommended in daily diet based on individual factors  
-Place a food item in it’s proper food group, and decide whether or not it is part of a healthful diet  
-Keep a food diary and analyze food choices, portion size, balance of food groups, etc.  
-Describe relationship of nutrition to overweight/obesity rates, lifestyle diseases, overall health, and physical activity

Activities:

-Food Label Station Activities  
-Food Diary Project  
-Video  
-Poem/Rap creation  
-Current Events  
-Menu/Healthful Diet Creation  
  
Assessments:

-Based on above listed activities and objectives  
-Review/Study Guide  
-Quiz/Test