

CURRICULUM MAP

Course Title: Health

UNIT/ORGANIZING PRINCIPLE:

Nutrition 1.1

PACING: 1 week

UNIT NUMBER:

ESSENTIAL QUESTIONS:				
CONCEPTS/ CONTENT (outcomes)	LEARNING TARGETS/SKILLS (Performance Tasks)	BENCHMARKS	KEY TERMINOLOGY	ACTIVITIES/ RESOURCES
<p>Food Plate</p> <p>Dietary requirements</p> <p>Label reading</p>	<p>I can identify the calorie level based on my age, gender, and activity level.</p> <p>I can identify foods which contain nutrients needed for my growth.</p> <p>I can develop strategies to support a healthy body image, including emphasizing characteristics other than appearance.</p> <p>I can identify factors that influence food choices.</p> <p>I can analyze food labels and identify good sources of nutrients.</p>	<p>Pre assessment: “Factors which influence food choices” worksheet</p> <p>Nutrition label identification worksheets.</p> <p>“Make Change” quiz</p> <p>Post assessment: Health Teacher “Using Dietary Guidelines” wkst</p>	<p>Nutrients</p> <p>Food pyramid</p> <p>Dietary guidelines</p> <p>Calorie</p> <p>Nutrition label</p>	<p>Health Teacher</p> <p>Diary council</p> <p>University Extension: guest speaker</p> <p>Choosemyplate.gov</p> <p>“Supersize Me” movie</p> <p>Dole.com</p>

