

Unit 2: Nutrition

Unit #:	APSDO-00026705	Duration:	3.0 Lesson(s)	Date(s)	
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Team:
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Grade(s)
 2, 3, 4

Subject(s)
 Wellness

Unit Focus

In this unit, students will continue to learn how to make healthy food choices to eat a well balanced diet through group activities.

Stage 1: Desired Results - Key Understandings

Standard(s)	Transfer	
<p>Connecticut Goals and Standards <i>Health Education: 4</i></p> <ul style="list-style-type: none"> Examine factors that may influence the personal selection of health information, products and services <i>M.2.3</i> Support a healthy position with accurate information <i>M.8.2</i> Use a decision-making process to enhance health <i>M.6.1</i> 	<p>T1 (T1) Develop skills, knowledge and concepts needed to make appropriate decisions to create a healthy and balanced lifestyle.</p> <p>T2 (T2) Communicate effectively based on purpose, task and audience using appropriate vocabulary and body language.</p> <p>T3 (T5) Access, evaluate and use information from various sources to deepen understanding of a given topic.</p>	
	Meaning	
	Understanding(s)	Essential Question(s)
	<p>U1 (U151) The way you treat your body (e.g., exercise, sleep, injury and disease prevention, nutrition) affects the body`s ability to appropriately respond.</p> <p>U2 (U154) The digestive system is designed to process nutrients and get rid of waste to maintain overall health.</p>	<p>Q1 (Q152) How does what I put in my body affect the way it works?</p> <p>Q2 (Q201) How do I listen and respond to others` ideas and suggestions?</p> <p>Q3 (Q300) How do I speak up for myself/someone else? How do I find the words?</p>

	<p>U3 (U155) Foods can be used strategically to improve energy, nourishment and strength.</p> <p>U4 (U300) The way in which we advocate for self and others has a direct impact on overall well-being and performance.</p> <p>U5 (U500) What sources you look at/turn to for information has an impact on your decision-making.</p>	<p>Q4 (Q400) What`s my goal? What`s my starting point? What`s my plan to get there? How is it working? How am I feeling?</p> <p>Q5 (Q501) How can I find what I`m looking for?</p> <p>Q6 (Q150) What choices do I make when I am in charge of myself?</p>
Acquisition of Knowledge and Skill		
Knowledge		Skill(s)
		<p>S1 Identify food groups</p> <p>S2 Differentiate food sources</p> <p>S3 Build a healthy meal</p> <p>S4 Make healthy food selections</p>