

# Unit 2: Nutrition

<b>Unit #:</b>	APSDO-00026704	<b>Duration:</b>	2.0 Lesson(s)	<b>Date(s)</b>	
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**Grade(s)**  
 5, 6, 7, 8

**Subject(s)**  
 Wellness

## Unit Focus

In this unit, students will continue to learn to how to make healthy choices to eat a balanced diet. Student will discuss how healthy choices influence their overall health.

## Stage 1: Desired Results - Key Understandings

Standard(s)	Transfer	
<p><b>Connecticut Goals and Standards</b>  <i>Health Education: 8</i></p> <ul style="list-style-type: none"> <li>Analyze how behaviors can affect health maintenance and disease prevention <i>H.1.1</i></li> <li>Analyze how family and cultural diversity enriches and affects personal health behaviors <i>H.4.1</i></li> <li>Demonstrate the ability to access and evaluate resources from home, school and community that provide valid health information and services for themselves and others <i>H.2.2</i></li> <li>Demonstrate various strategies when making decisions to enhance health <i>H.6.1</i></li> </ul>	<p><b>T1</b> (T1) Develop skills, knowledge and concepts needed to make appropriate decisions to create a healthy and balanced lifestyle.</p> <p><b>T2</b> (T5) Access, evaluate and use information from various sources to deepen understanding of a given topic.</p>	
	Meaning	
	Understanding(s)	Essential Question(s)
	<p><b>U1</b> (U150) The routines you follow have predictable impact on your overall health.</p> <p><b>U2</b> (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><b>U3</b> (U154) The digestive system is designed to process nutrients and get rid of waste to</p>	<p><b>Q1</b> (Q150) What choices do I make when I am in charge of myself?</p> <p><b>Q2</b> (Q151) How do I keep myself safe?</p> <p><b>Q3</b> (Q152) How does what I put in my body affect the way it works?</p> <p><b>Q4</b> (Q501) How can I find what I`m looking for?</p> <p><b>Q5</b> (Q503) How does what I see in the media</p>

<ul style="list-style-type: none"> <li>• Demonstrate various strategies when making goal- setting decisions to enhance health <i>H.7.1</i></li> <li>• Evaluate factors that may influence the personal selection of health products and services <i>H.2.3</i></li> <li>• Evaluate how information from family, school, peers and the community influences personal health <i>H.4.3</i></li> <li>• Evaluate the effects of media, technology and other factors on personal, family and community health <i>H.4.2</i></li> <li>• Evaluate the impact of personal health behaviors on the functioning of body systems <i>H.1.3</i></li> <li>• Evaluate the validity of health information and the cost of products and services <i>H.2.1</i></li> <li>• Self-management of Healthy Behaviors</li> </ul>	<p>maintain overall health.  <b>U4</b> (U155) Foods can be used strategically to improve energy, nourishment and strength.  <b>U5</b> (U500) What sources you look at/turn to for information has an impact on your decision-making.</p>	<p>affect who I am/how I see myself/influence my decisions?</p>	
	<b>Acquisition of Knowledge and Skill</b>		
	<b>Knowledge</b>	<b>Skill(s)</b>	
		<p><b>S1</b> Interpret a food label</p> <p><b>S2</b> Identify the components of a balanced diet</p>	