

Course Name : NUTRITION

Course Overview : Nutrition focuses on appropriate management of activity, diet, and making positive changes in one's health and lifestyle. The course is designed for students who want to make positive choices in personal wellness. Topics will involve nutritional awareness, sports nutrition, and healthy well being. Students will prepare healthy snacks considering their nutritional needs. The course also integrates other lifestyle factors, which affects optimal health.

Course Materials/Resources/Technology: HEALTH SMART ONLINE

UNIT: NUTRITION AND WELLNESS

Duration of Unit: 5 weeks

Description of Unit: This unit will cover menu development, eating disorders, correct sanitation techniques, the benefits of good nutrition, the effects of poor nutrition, and career options in this field.

Essential Questions and/or Enduring Understandings: Can you describe the positive effects of good nutrition? Can you describe the negative effects of poor nutrition?

ESSENTIAL Standards	Learning Targets
D12.4 I can demonstrate the ability to adapt healthy eating and physical activity	I can design and present a menu for a restaurant of my choice that displays nutritional information, personal characteristics, advertisement, and media influence. I can identify the different career pathways from this field, misconceptions, and

<p>messages and communication techniques.</p>	<p>intuitive eating habits from the community resources that will be invited.</p>
<p>D12.3 I can identify the consequences of eating disorders and the need for early intervention and treatment.</p>	<ul style="list-style-type: none"> ● I can identify strategies to help those with disordered eating and compulsive exercising behaviors. ● Identify the symptoms of disordered eating and compulsive exercising.
<p>NICE TO KNOW Standards</p>	<p>Learning Targets</p>
<p>1.12.1: Predict how healthy behaviors can affect health status.</p>	<p>I can describe the relationship between nutrition and overall health.</p>
<p>1.12.9: Analyze the</p>	

potential severity of injury or illness if engaging in unhealthy behaviors	I can analyze the negative effects of poor nutrition.
	I can describe correct sanitation techniques to prevent food poisoning.

UNIT: NUTRIENTS

Duration of Unit: 3 weeks

Description of Unit: This unit will cover the major nutrients and their effects on the body.

Essential Questions and/or Enduring Understandings: What are the 6 major nutrients? Why is water vital?

ESSENTIAL Standards	Learning Targets
<p>D12.5 I can list the functions and food sources for key nutrients and the relationship of key nutrients to my</p>	<ul style="list-style-type: none"> ● I can choose and enjoy nutrient-dense foods and beverages that reflect personal preferences, culture, and budget. ● I can distinguish food sources that provide key nutrients. ● I can explain the benefits of consuming key nutrients. ● I can list the functions of the key nutrients. ● I can analyze key math formulas that determine the amount of calories for key

health.	nutrients.
NICE TO KNOW Standards	Learning Targets
6.12.1: Assess personal health practices and overall health status.	I can analyze various nutritional and dietary needs that affect health, appearance, and peak performance (sports nutrition).

UNIT: DIET ANALYSIS

Duration of Unit: 5 weeks

Description of Unit: This unit will cover healthy alternatives and nutrition math formulas/calculations.

Essential Questions and/or Enduring Understandings: Can you demonstrate your knowledge of a healthy alternative for every day snacks? What is the formula for calculating BMI and THR?

ESSENTIAL Standards	Learning Targets
C12.1 I can utilize reliable nutrition information to make dietary and health decisions.	I can design, create, and present a healthy snack alternative that includes nutritional information.
C12.6 I can describe the components of a nutrition label, and how to use the information to make informed decisions regarding food choices.	I can demonstrate how to use food labels to make healthy food choices. I can demonstrate how I can limit foods high in added sugars, saturated fats, trans fats, and sodium based off the information from food labels. I will analyze and demonstrate knowledge with nutrition math formulas (Target Heart Rate, Body Mass INdex, food labels, calories/body fat).

NICE TO KNOW Standards	Learning Targets
2.12.5: Evaluate the effect of media on personal and family health.	I can explain the effects that social media and celebrities have on fad diets.
3.12.2: Use resources from home, school, and community that provide valid health information.	I can demonstrate in multiple projects how to utilize reliable and valid health information.

UNIT: PLANNING OF WELL BALANCED DIETS

Duration of Unit: 5 weeks

Description of Unit: This unit will cover the understanding and application of well balanced diets.

Essential Questions and/or Enduring Understandings: What is considered a healthy and balanced diet?

ESSENTIAL Standards	Learning Targets
C12.1 I can utilize reliable nutrition information to make dietary and health decisions.	<p>I can identify appropriate amounts to eat from each food group represented in the MyPlate system.</p> <p>I can plan a personal healthy diet for one week via myplate.</p> <p>I can present via technology my personal meal plan.</p> <p>I can analyze other personal meal plans via peer analysis.</p> <p>I can identify major food allergies.</p>

NICE TO KNOW Standards	Learning Targets
1.12.1: Predict how healthy behaviors can affect health status.	I can increase the likelihood of a healthy future by following and understanding the concepts of a healthy and balanced diet.