

CURRICULUM PLANNING MAP

Level:
6th grade

Course Unit Title:
Nutrition and Fitness

Approximate Time:
4 – 8 days

MAJOR FOCUS

Organizer

Students will be able to identify essential nutrients and relate them to the food guide pyramid. Students will be able to relate healthy food choices to good health and fitness

Goals/Academic Expectations

Academic Expectations:

1.11 Students write using appropriate forms, conventions, and styles to communicate ideas and information to different audiences for different purposes.

1.16 Students use computers and other electronic technology to gather, organize, manipulate, and express information and ideas.

1.2 Students make sense of the variety of materials they read.

2.31 Students demonstrate the knowledge and skills they need to remain physically healthy and to accept responsibility for their own physical well-being.

Core Content:

Identify supporting details and explain their importance in a passage.

Summarize information from a passage.

Informational Reading includes whole texts and excerpts from materials such as journals, magazines, newspaper articles, letters, brochures, reference materials, essays, nonfiction books, and electronic texts.

Use text features (e.g., lists, charts, graphs, tables of contents, indexes, glossaries, captions, diagrams, headings) to understand a passage.

Transactive writing is informative/ persuasive writing that presents ideas and information for authentic audiences to accomplish realistic purposes like those students will encounter in their lives.

Essential Questions

- What are essential nutrients? What are food sources for each essential nutrient?
- What is the food guide pyramid? How is the food guide pyramid used?
- How are food choices related to health and fitness?

Culminating Performance

In small groups or individually, students will develop nutritional menus for three days appropriate for teenagers. The groups will use the Food Guide Pyramid to plan three meals and a snack each day. They will also need to explain how each daily menu relates to fitness and health. OR,

Students will take a written test consisting of multiple choice and open response questions.

Critical Resources

Anticipation Guide

Menu Template

Five a Day software/worksheet/website

Teen Health Text Book Course One

Knowledge

- Nutrients and their functions
- The Food Guide Pyramid
- Making healthy food choices
- Vocabulary necessary for an understanding of nutrition
- Benefits of exercise
- Making fitness and nutritional goals

**Instructional/Assessment
Activities**

Day 1
Pre-test
Anticipation Guide
Introductory reading/discussion

Day 2
Continue reading/discussion

Day 3
Continue reading/discussion

Day 4
Gym: journal entry that relates eating to physical activity, weight management, and/or body composition

Day 5
Gym: journal entry that relates eating to physical activity, weight management, and/or body composition

Day 6
Gym: journal entry that relates eating to physical activity, weight management, and/or body composition

Day 7
“Five A Day”

Day 8
“Five A Day”

Day 9
Develop nutritional menus for three days appropriate for teenagers
Post test

**Skills/Abilities
(Demonstrators)**

- Evaluate dietary practices
- Select dietary behaviors to prevent or minimize the risk of disease
- Illustrate proper nutrition through menu planning
- Determine nutritional factors related to health and fitness goals

Scoring Guides

Prompt:

Use the Food Guide Pyramid to plan three meals and one snack for three days.

The menu should include a variety of foods that are appetizing to people your age and provide you with the required nutrients.

After completing the menus, explain how each daily menu is related to fitness and health. Be specific with your explanation. For example, "Low fat yogurt helps reduce your risk of heart disease."

4	The menu has three complete days of menus that follow the guidelines of the food guide pyramid. The menu includes a rich variety of appetizing foods and provides you with all required nutrients. A thorough explanation of how each daily menu is related to fitness and health is given.
3	The menu has three complete days of menus that follow the guidelines of the food guide pyramid with 80% accuracy. The menu includes appetizing foods and provides you with required nutrients. An explanation of how each daily menu is related to fitness and health is given.
2	The menu has two or three days of menus that follow the guidelines of the food guide pyramid with 50% accuracy. The menu provides you with some of the required nutrients. An attempt is made to explain how each daily menu is related to fitness and health.
1	Attempts a menu of one or more days. The menu provides you with some of the required nutrients.
0	No Answer or incorrect or irrelevant information

Click to see
what nutrients
you get.

