



Recommended 7th Grade Curriculum Framework

Content: Health Education – Grade 7

Topic: Nutrition (Week 3)

Content (What do your students need to KNOW?)	Demonstrators (What do your students need to be able to DO?)	Assessment (How will you assess what your students ALREADY KNOW, and assess WHAT THEY'VE LEARNED?)	Activities (HOW will you teach it?)	Resources (What MATERIALS will you need?)	Differentiation (How will you reach the DIVERSITY of learners?)	Literacy Connection (How will you use READING and WRITING with this material?)
<p>PL-M-1.4.1 Six basic nutrients (minerals, vitamins, fat, carbohydrates, water, protein) are needed for proper growth and development.</p> <p>PL-M-1.4.2 Using dietary guidelines, food guide pyramid, and other nutritional resources (e.g., food tables) helps make daily food choices.</p> <p>PL-M-1.4.3 Exercise and dietary habits (e.g., cultural food choices, vegetarian diets, overindulgence in fatty foods, excessive salt consumption) can affect the way adolescents look, feel, and perform.</p>	<p>Personal Wellness AE 2.31 Students demonstrate the knowledge and skills they need to remain physically healthy and to accept responsibility for their own physical well-being.</p> <p>DEMONSTRATORS</p> <ul style="list-style-type: none"> Evaluate dietary practices. <p>POS Determine the role nutrients play in developing healthy individuals.</p>					



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