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| **Daily Agenda**  **Lesson Plans**: Health 1 **PLC Members**: Whitehouse/Roach **Unit**: Nutrition and Physical Activity **Dates:** |  |  |  |  |  |
| **Unit Vocabulary:** nutrition, nutrients, calorie, hunger, appetite, carbohydrates, fiber, protein, cholesterol, vitamins, minerals, osteoporosis, dietary guidelines for Americans, MyPlate, nutrient-dense, food additives, foodborne illness, pasteurization, cross-contamination, food allergy, food intolerance | | | | | |
| **Learning Target** | **I can:** describe factors that influence food choices. | **I can:** explain the role that nutrients play to keep the body healthy. | **I can:** explain the 5 basic food groups and the daily recommendations for someone my age. | **I can:** evaluate a food label to determine whether the food provides daily needed nutrients. | **I can:** |
| **Common Core/ Quality Core** | **Students will understand that:** nutrients have a role in the development of an individual’s health | **Students will understand that:** nutrients have a role in the development of an individual’s health | **Students will understand that:** resources (e.g., Food Guide Pyramid, Dietary Guidelines for Americans, United States Department of Agriculture (USDA), National Dairy Council) are available to assist in making nutritional choices | **Students will:**  evaluate healthy nutritional practices (e.g., meal planning, food selection, reading labels, weight control, special nutritional needs) for a variety of dietary needs |  |
| **Instructional Practices** | Individual work | Direct instruction, partner work | Individual work, direct instruction | Direct instruction, individual work |  |
| **Bell Ringer**  **Activities/ Assignments** | *Chp. 10 Lesson 1*  *🡪pgs. 254-257*  Students will watch short video and take notes over PowerPoint  🡪question discussion verbal | What are 2 factors that influence food choices?  *Chp. 10 Lesson 2*  *🡪pgs. 258-265*  Students will take notes over lesson 2  🡪Students will work with partner to fill in cluster chart on pg. 258  Nutrients worksheet | Which nutrients can your body use a sources of energy?  *Chp. 10 Lesson 3*  *🡪pgs. 266-273*  Students will take notes over lesson using text and myplate.gov  🡪Students will make personal plate | Which do you feel is easier to understand-MyPlate or MyPyramid?  *Chp. 10 Lesson 4*  *🡪pgs. 224-228*  Students will take notes over lesson 4  🡪In groups of 3 answer facts label worksheet |  |
| **Intended Homework** | Practice Health Skills, Study Vocabulary, Read Health NEWS articles online | Practice Health Skills, Study Vocabulary, Read Health NEWS articles online | Practice Health Skills, Study Vocabulary, Read Health NEWS articles online | Practice Health Skills, Study Vocabulary, Read Health NEWS articles online |  |
| **Accommodations** | Modeling, direct instruction, extended time, one-on-one conferencing, paraphrasing, visual/verbal-prompting/cueing | | | | |
| **Assessment:**  \*Formative-F  \*Summative-S | F- Notes, questions | F – Nutrients worksheet | F-Personal MyPlate | F-Facts label |  |