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| **Daily Agenda**  **Lesson Plans**: Health 1 **PLC Members**: Whitehouse/Roach **Unit**: Nutrition and Physical Activity **Dates:** |  |  |  |  |  |
| **Unit Vocabulary:** metabolism, BMI, overweight, underweight, obese, body image, fad diets, weight cycling, eating disorders, anorexia nervosa, bulimia nervosa, binge eating disorder, vegetarian, dietary supplements, performance enhancers, herbal supplements, megadoses, Cardio endurance, muscle endurance/strength, flexibility, anaerobic/aerobic endurance, specificity, overload, progression, warm up, cool down, resting heart rate | | | | | |
| **Learning Target** | **I can:** describe factors that influence food choices. | **I can:**  describe factors that influence food choices. | **I can:** evaluate a food label to determine whether the food provides daily needed nutrients. | **I can:** evaluate a food label to determine whether the food provides daily needed nutrients. | **I can:** evaluate a food label to determine whether the food provides daily needed nutrients. |
| **Common Core/ Quality Core** | **Students will:**  identify issues, problems and solutions related to extreme eating behaviors (overeating, obesity, anorexia, bulimia) | **Students will:**  identify issues, problems and solutions related to extreme eating behaviors (overeating, obesity, anorexia, bulimia) | **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 | **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 | **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** | Video | Video | Individual work, partner work | Individual Work | Direct instruction, individual work |
| **Bell Ringer**  **Activities/ Assignments** | *Supersize Me*  Students will complete Supersize Me worksheet | *Supersize Me*  Students will complete Supersize Me worksheet | Finish Supersize Me  *Chp. 10-12*  *🡪pgs. 252-336*  Students will complete study guide  🡪use textbook and notes | *Chp. 10-Chp. 12*  *🡪pgs. 252-336*  Students will complete unit test  🡪40 MC & 2 ER | *Chp. 10-Chp. 12*  *🡪pgs. 252-336*  Students will grade unit test  🡪wrong answer analysis for extra pts. |
| **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 | 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- Video questions | F – Video questions | F-Study Guide | S-Test | F- Wrong Answer Analysis |