

# FOOD & NUTRITION UNIT

Grades 9-12

<b>Essential Learning 1</b>	
<i>Students will understand healthy eating patterns that meet needs for growth and development and affect overall health and wellbeing.</i>	
<b>Knowledge Expectation</b>	<b>Skill Expectation</b>
<ul style="list-style-type: none"> <li>Understand healthy eating patterns, hydration, nutrition.</li> <li>Learn how to make healthy food and beverage choices. (home, school, dining out)</li> <li>Know and understand the role of essential nutrients and how to incorporate them into a balanced diet.</li> <li>Understand nutritional labeling on food products.</li> <li>Recognize the factors contributing to healthy and unhealthy food choices and meals.</li> <li>Understand serving sizes and portion control.</li> </ul>	<ul style="list-style-type: none"> <li>Describe the recommendations of the U.S. Dietary Guidelines for Americans and how they are useful in planning a healthy diet.</li> <li>Analyze the importance of eating a variety of foods to meet nutrient needs.</li> <li>Compare fad diets and balanced diets.</li> <li>Analyze the importance of drinking water and limiting sweetened beverages.</li> </ul>
<b>Example activities or lesson topics:</b> <ul style="list-style-type: none"> <li>- SMART Goals</li> <li>- Blood glucose and blood pressure screenings by nurses</li> <li>- USDA activities via <a href="http://choosemyplate.gov">choosemyplate.gov</a></li> </ul>	

<b>Essential Learning 2</b>	
<i>Students will explore how nutrients in food support body functions, such as mood and behavior.</i>	
<b>OR</b>	
<i>Students will understand the relationship among food choices, physical activity, chronic diseases, and overall health.</i>	
<b>Knowledge Expectation</b>	<b>Skill Expectation</b>
<ul style="list-style-type: none"> <li>Understand the connection of body systems and food.</li> <li>Understand the connection of nutrition to mood and behavior.</li> <li>The signs of disordered eating and its connection to social, emotional, mental, and physical health.</li> <li>Recognize the relationship between poor eating habits and chronic diseases.</li> <li>The social, emotional, and cognitive benefits of eating nutritious food and engaging in physical activity.</li> <li>Guidelines for healthy eating and daily moderate-to-vigorous physical activity.</li> <li>How to incorporate healthy nutrition and physical activity into daily life habits.</li> </ul>	<ul style="list-style-type: none"> <li>Explain the relationship between poor eating habits and chronic diseases like cancer, heart disease, diabetes, hypertension, etc.</li> <li>Explain the effects of eating disorders on healthy growth and development.</li> <li>Explore how an active lifestyle contributes to positive health outcomes.</li> </ul>
<b>Example activities or lesson topics:</b> <ul style="list-style-type: none"> <li>-</li> </ul>	

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Essential Learning 3	
<i>Students will understand the different nutrition options based on culture, needs, and preferences.</i>	
Knowledge Expectation	Skill Expectation
<ul style="list-style-type: none"><li>• Learn about the potential barriers to eating healthy foods and being physically active.</li><li>• Understand the different nutrition options based on culture and other factors including access to nutritious foods.</li></ul>	<ul style="list-style-type: none"><li>• Reflect on the influence of family, peers, school, community, culture, and social norms on personal values and beliefs about nutrition and wellbeing.</li><li>• Collaborate with others to advocate for individuals, families, and communities to make positive choices regarding nutrition, dietary habits, and physical activity.</li></ul>
<b>Example activities or lesson topics:</b> <ul style="list-style-type: none"><li>- Sandwich building for brother Francis.</li><li>- WIC Dietician</li><li>- Cultural food planning</li></ul>	