

YEAR AT A GLANCE: Health Gr 7 - pg2

(updated Dec 2022)

	<u>UNIT 6</u>		<u>UNIT 7</u>		
Title	NUTRITION		PROJECT SUCCESS ACTIVITIES WITH MRS. ALBANESE		
Unit Length <i>(weeks taught)</i>	2 weeks		8 sessions within the quarter		
Performance Task <i>(e.g., Persuasive Essay, DBQ, Nutritional Analysis, etc.)</i>	<ul style="list-style-type: none"> *EAT THIS NOT THAT survey **"Super Size Me" Reflection **"Swap-a-Snack" "Frankenstein Foods" 		<ul style="list-style-type: none"> *PRE/POST ANALYSIS *Student surveys *Kahoot Results **"My Teenager" 		
Enduring Understanding <i>(The big ideas, the "why" we include these ideas)</i>	<ul style="list-style-type: none"> *What is in my food?-Nutrients, preservatives, additives - what are they? *Distinguishing between healthy and unhealthy ingredients. *Understanding the concept of processed foods and their impact on health *Caloric balance principles *Spotting misleading food product claims *Concept of "consuming in moderation" *Benefits of whole, natural foods 		<ul style="list-style-type: none"> *Increase students' knowledge of the negative effects of substance use. *Decrease favorable attitudes towards alcohol, tobacco and other drugs. *Correct erroneous perceptions about the prevalence and acceptability of substance use. *Increase students' knowledge of and comfort with resistance skills and other social skills. *Decrease unhealthy alcohol, tobacco and other drugs behaviors. 		
Essential Questions <i>(What do we want students to think about)</i>	<ul style="list-style-type: none"> *How can you determine if a food is healthy or unhealthy? *Can you read and understand food labels, including nutrition information, serving sizes, and ingredients list. 		<p>Topic 1: Being an Adolescent/Teen Brain and students complete the Prevention of Harm "Pre" Survey.</p>		

	<p>*What steps could you take to ensure that you were eating healthier foods each day? *How can you identify food labels/claims that are misleading and manipulative? *What is a healthier alternative to a food you already consume regularly? *Can you take a food that you regularly consume on a daily basis and modify it to be healthier? *Do you consider the nutritional information of the food when ordering a meal at a restaurant?</p>		<p>Topic 2: Alcohol, Tobacco, Marijuana, Vaping and other drugs educational facts, alcohol poisoning and what to do to help, Good Samaritan, Social Host and Leandra's Law discussed</p> <p>Topic 3: Relationships with Family and Friends and who they have as a Support System</p> <p>Topic 4: Skills for Coping and Refusal Skills with Peer Pressures and daily Stressors And students complete the Prevention of Harm "Post" Survey along with the Prevention Education Series evaluation.</p>		
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