

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

	<p>sizes, and ingredients list.</p> <p>*What steps could you take to ensure that you were eating healthier foods each day?</p> <p>*How can you identify food labels/claims that are misleading and manipulative?</p> <p>*What is a healthier alternative to a food you already consume regularly?</p> <p>*Can you take a food that you regularly consume on a daily basis and modify it to be healthier?</p> <p>*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 and review what is alcohol poisoning and what to do to help.</p> <p>Topic 3: Skills for Coping and Refusal Skills with Peer Pressures and Daily Stressors.</p>		
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