<table>
<thead>
<tr>
<th><strong>UNIT 6</strong></th>
<th><strong>UNIT 7</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Title</strong></td>
<td>NUTRITION</td>
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<tr>
<td><strong>Unit Length</strong> (weeks taught)</td>
<td>2 weeks</td>
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</tbody>
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| **Performance Task** (e.g., Persuasive Essay, DBQ, Nutritional Analysis, etc.) | *SPOTLIGHT: SUGAR*  
*EAT THIS NOT THAT survey*  
*FED UP” Reflection*  
*”Swap-a-Snack”*  
*”Sugar Shockers”* | *PRE/POST ANALYSIS*  
*Student surveys*  
*Kahoot Results*  
*”My Teenager”* |
| **Enduring Understanding** (The big ideas, the “why” we include these ideas) | *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* | *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** (What do we want students to think about) | *How can you determine if a food is healthy or unhealthy?*  
*Can you read and understand food labels, including nutrition information, serving* | Topic 1: Being an Adolescent and Relationships in regards to who they have as a Support System. |
| sizes, and ingredients list.  
*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? | Topic 2:  
Alcohol, Tobacco, Marijuana, Vaping and other drugs educational facts and review what is alcohol poisoning and what to do to help.  
Topic 3:  
Skills for Coping and Refusal Skills with Peer Pressures and Daily Stressors. |