

Health READY®: Nutrition

What will students learn?



Health Skills:

1. I can comprehend concepts related to health promotion and disease prevention to enhance health.
2. I can analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
3. I can demonstrate the ability to access valid information and products and services to enhance health.
4. I can demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
5. I can demonstrate the ability to use decision-making skills to enhance health.
6. I can demonstrate the ability to use goal-setting skills to enhance health.
7. I can demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
8. I can demonstrate the ability to advocate for personal, family, and community health.



Student Understandings:

1. MyPlate can assist a person in selecting proper food portions.
2. Planning your meals in advance can help build a healthy eating lifestyle.
3. Students rarely consider what they drink as food, forgetting that fluids can cost many empty calories.
4. Eating three smaller meals a day, with healthy snacks in between can help someone control their food portions.
5. Carbohydrates, protein and fats are the three macronutrients which are energy providing nutrients.
6. Macronutrients are energy providing nutrients.
7. Micronutrients are essential elements needed in life in small quantities.
8. Micronutrients are Vitamins and microminerals.
9. The difference between a food allergy and food sensitivity is how your body responds.
10. A food allergy is an immune system reaction.

11. A food sensitivity triggers an intolerance in your digestive system.
12. Food manufacturers must say on their labels if their foods contain common food allergens.
13. Approximately 15 million Americans have food allergies.
14. A person with a food allergy can live a healthy lifestyle.
15. The Food Drug Administration (FDA) is a government agency in the U.S. responsible for protecting public health by ensuring the safety and efficacy of many consumer products.



Essential Questions:

1. How can someone build a healthy eating lifestyle?
2. What are recommended food portions someone should consume at every meal?
3. What are some healthy eating tips?
4. What is the difference between macronutrients and macronutrients?
5. What is the difference between food allergy and food sensitivity?
6. What are common food allergens?
7. What are common reactions to a food allergy?
8. What are common reactions to a food sensitivity?
9. How can someone protect themselves from a food allergy?
10. What is the Food Drug Administration (FDA) and what do they do?