COLORADO TEACHER-AUTHORED INSTRUCTIONAL UNIT SAMPLE

UNIT TITLE: NUTRITION FOR A HEALTHY LIFE

7TH GRADE

INSTRUCTIONAL UNIT AUTHORS
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BASED ON A CURRICULUM

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Center School District
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Cherry Creek School District
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Douglas County School District
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St Vrain School District
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Jamie Hurley

This unit was authored by a team of Colorado educators. The template provided one example of unit design that enabled teacher-authors to organize possible learning experiences, resources, differentiation, and assessments. The unit is intended to support teachers, schools, and districts as they make their own local decisions around the best instructional plans and practices for all students.

DATE POSTED: MARCH 31, 2014
<table>
<thead>
<tr>
<th>Content Area</th>
<th>Comprehensive Health</th>
<th>Grade Level</th>
<th>7&lt;sup&gt;th&lt;/sup&gt; Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Course Name/Course Code</td>
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</tr>
<tr>
<td>Standard</td>
<td>Grade Level Expectations (GLE)</td>
<td>GLE Code</td>
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</tr>
<tr>
<td>2. Physical and Personal Wellness</td>
<td>1. Analyze factors that influence healthy eating behaviors</td>
<td>CH09-GR.7-S.2-GLE.1</td>
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<tr>
<td></td>
<td>2. Demonstrate the ability to make healthy food choices in a variety of settings</td>
<td>CH09-GR.7-S.2-GLE.2</td>
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<td></td>
<td>3. Compare and contrast healthy and unhealthy relationships (family, peer, and dating)</td>
<td>CH09-GR.7-S.2-GLE.3</td>
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<td></td>
<td>4. Analyze the internal and external factors that influence sexual decision-making and activity</td>
<td>CH09-GR.7-S.2-GLE.4</td>
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<td></td>
<td>5. Define sexually transmitted diseases (STDs), including human immunodeficiency virus (HIV) and acquired immune deficiency syndrome (AIDS)</td>
<td>CH09-GR.7-S.2-GLE.5</td>
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<tr>
<td>3. Emotional and Social Wellness</td>
<td>1. Demonstrate effective communication skills to express feelings appropriately</td>
<td>CH09-GR.7-S.3-GLE.1</td>
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<td></td>
<td>2. Develop self-management skills to prevent and manage stress</td>
<td>CH09-GR.7-S.3-GLE.2</td>
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<tr>
<td>4. Prevention and Risk Management</td>
<td>1. Analyze the consequences of using alcohol, tobacco and other drugs</td>
<td>CH09-GR.7-S.4-GLE.1</td>
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<td></td>
<td>2. Demonstrate safety procedures for a variety of situations</td>
<td>CH09-GR.7-S.4-GLE.2</td>
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</tbody>
</table>

**Colorado 21<sup>st</sup> Century Skills**

- **Critical Thinking and Reasoning:** Thinking Deeply, Thinking Differently
- **Information Literacy:** Untangling the Web
- **Collaboration:** Working Together, Learning Together
- **Self-Direction:** Own Your Learning
- **Invention:** Creating Solutions

The Colorado Academic Standards for Health describes what learners should know and be able to do as they develop proficiency in health. The utilization of knowledge and skills to enhance physical, mental, emotional and social well-being will be supported in each unit through the standard areas of Physical and Personal Wellness, Emotional and Social Wellness and Prevention and Risk Management.

<table>
<thead>
<tr>
<th>Unit Titles</th>
<th>Length of Unit/Contact Hours</th>
<th>Unit Number/Sequence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nutrition For a Healthy Life</td>
<td>2 weeks</td>
<td>1</td>
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</table>

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7<sup>th</sup> Grade, Comprehensive Health

Unit Title: Nutrition for a Healthy Life

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## Colorado Teacher-Authored Sample Instructional Unit

<table>
<thead>
<tr>
<th>Unit Title</th>
<th>Nutrition For a Healthy Life</th>
<th>Length of Unit</th>
<th>2 Weeks</th>
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</thead>
<tbody>
<tr>
<td>Focusing Lens(es)</td>
<td>Balance</td>
<td>Standards and Grade Level Expectations Addressed in this Unit</td>
<td>CH09-GR.7-S.2-GLE.1, CH09-GR.7-S.2-GLE.2</td>
</tr>
<tr>
<td>Inquiry Questions (Engaging-Debatable):</td>
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<tr>
<td>▪ How would you know if you were maintaining a balanced healthy diet? (CH09-GR.7-S.2-GLE.2-EO.a)</td>
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<tr>
<td>▪ What are some false perceptions of nutrition that may affect eating habits of teens? (CH09-GR.7-S.2-GLE.2-EO.-b;RA.2)</td>
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<tr>
<td>▪ How does time influence what you eat on a daily basis? (CH09-GR.7-S.2-GLE.2-EO.a)</td>
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<tr>
<td>Unit Strands</td>
<td>Emotional and Social Wellness, Physical and Personal Wellness</td>
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</tr>
<tr>
<td>Concepts</td>
<td>Decision-making, Culture, Eating Disorders, Body Image, Consequences, Interpersonal Skills, Habits, Support Systems, Choices, Well-being, Safety</td>
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</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Generalizations</th>
<th>Factual</th>
<th>Guiding Questions</th>
<th>Conceptual</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>My students will Understand that...</strong></td>
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<tr>
<td>Positive nutritional choices provide the basis for balanced healthy eating and physical wellbeing. (CH09-GR.7-S.2-GLE.2-EO.a,b) and (CH09-GR.7-S.2-GLE.1-EO.a,b,c,d,g)</td>
<td>What decision making model will provide direction for choosing foods?</td>
<td>How would you create the perfect menu for one day? (CH09-GR.7-S.2-GLE.2-EO.a;RA.3;N.1)</td>
<td></td>
</tr>
<tr>
<td>Culture, family, peers, and media shape one’s choices for building healthy eating habits. (CH09-GR.7-S.2-GLE.2) and (CH09-GR.7-S.2-GLE.1-EO.a,b,c,d,g)</td>
<td>What are the societal influences on eating habits? (CH09-GR.7-S.2-GLE.2-IQ.2)</td>
<td>How do family, media, culture and environment affect your eating habits? (CH09-GR.7-S.2-GLE.1-EO.a,b;IQ.2)</td>
<td></td>
</tr>
<tr>
<td>Eating disorders can compromise healthy weight, healthy habits, healthy food choices as well as a person’s overall well-being and safety. (CH09-GR.7-S.2-GLE.1-EO.e,f,g;IQ.4)</td>
<td>What are the symptoms that appear in most eating disorders? (CH09-GR.7-S.2-GLE.1-EO.g;RA.5)</td>
<td>How might your life change if you had an eating disorder? (CH09-GR.7-S.2-GLE.1-EO.g;RA.5)</td>
<td></td>
</tr>
<tr>
<td>Positive support-systems help strengthen interpersonal skills and the development/maintenance of an individual's healthy body image and lifestyle. (CH09-GR.7-S.2-GLE.1-EO.a,b,c) and (CH09-GR.7-GLE.2-EO.a,b)</td>
<td>Where does a person go to find positive support systems? (CH09-GR.7-S.2-GLE.1) and (CH09-GR.7-S.2-GLE.2-EO.a,b;IQ.1;N.1)</td>
<td>How do support systems and settings differ when trying to make food choices? (CH09-GR.7-S.2-GLE.1) and (CH09-GR.7-S.2-GLE.2-EO.a,b;IQ.1;N.1)</td>
<td></td>
</tr>
</tbody>
</table>
Critical Content:

My students will **Know**...

- The importance of a variety of foods/beverages for a healthy diet. (CH09-GR.7-S.2-GLE.2-EO.a)
- Healthy dietary choices in a variety of settings (CH09-GR.7-S.2-GLE.2-EO.a,b,c,d) and (CH09-GR.7-S.2-GLE.1-EO.c,d)
- The impact of Interpersonal skills on a healthy diet. (CH09-GR.7-S.2-GLE.1-EO.a,b,c,d,g) and (CH09-GR.7-S.2-GLE.2-EO.b)
- The result of various food choices on a person’s weight. (CH09-GR.7-S.2-GLE.1-EO.a,b,c,d,g) and (CH09-GR.7-S.2-GLE.2-EO.b)
- The signs, symptoms, and consequences of eating disorders. (CH09-GR.7-S.2-GLE.1-EO.f) and (CH09-GR.7-S.2-GLE.2-EO.b)
- Family, media, and peers influences on a healthy diet. (CH09-GR.7-S.2-GLE.1-EO.a,b,c) and (CH09-GR.7-S.2-GLE.2)
- The nutrient contents of food. (CH09-GR.7-S.2-GLE.1-N.1)

Key Skills:

My students will be able to **Do**...

- Recognize eating patterns to develop healthy eating habits. (CH09-GR.7-S.2-GLE.1-EO.d,) and (CH09-GR.7-S.2-GLE.2-EO.a,b)
- Analyze personal eating habits and traditions in their family and culture and how it affects overall nutrition. (CH09-GR.7-S.2-GLE.1-EO.c,d) and (CH09-GR.7-S.2-GLE.2-EO.a,b)
- Understand the food categories and the nutritional correlation to developing a healthy diet. (CH09-GR.7-S.2-GLE.1-RA.3;N.1)
- Critique the front and back of food labels and understand what part of the label is significant. (CH09-GR.7-S.2-GLE.1-EO.a,b)
- Define and identify types of eating disorders. (CH09-GR.7-S.2-GLE.1-EO.f)

**Critical Language:** includes the Academic and Technical vocabulary, semantics, and discourse which are particular to and necessary for accessing a given discipline.

**EXAMPLE:** A student in Language Arts can demonstrate the ability to apply and comprehend critical language through the following statement: "Mark Twain exposes the hypocrisy of slavery through the use of satire."

**A student in ______________ can demonstrate the ability to apply and comprehend critical language through the following statement(s):**

I will understand how to develop healthy eating habits and comprehend the effects of internal and external influences on body image, culture, nutrition, and relationships.

**Academic Vocabulary:** Disorders, Influence, Choices, Direction, Image, Strategies, Signs, Symptoms, Consequences, Interpersonal Skills, Treatment, Impact, Safety

**Technical Vocabulary:** Nutrition, Body Image, Diet, Relationships, Healthy Weight, Well-being, Nutrients
<table>
<thead>
<tr>
<th>Unit Description:</th>
<th>This unit looks at an adolescent’s support systems and influences such as (family, peer and media) and how they impact a person’s decisions for making healthy food choices. Additionally, the unit will allow students to explore the importance of developing personal support systems to maintain overall physical and emotional wellness. The unit culminates in the creation of a public service announcement that will ask students to express what they have learned about living a nutritionally balanced life.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Considerations:</td>
<td>Seventh grade students should have a clear understanding of food groups and nutrients. However, not all students at this age may have the opportunity for positive support systems to guide them with their nutrient choices.</td>
</tr>
</tbody>
</table>

### Unit Generalizations

<table>
<thead>
<tr>
<th>Key Generalization:</th>
<th>Positive nutritional choices provide the basis for balanced healthy eating and physical wellbeing. Eating disorders can compromise healthy weight, healthy habits, healthy food choices as well as a person’s overall well-being and safety.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Supporting Generalizations:</td>
<td>Culture, family, peers, and media shape one’s choices for building healthy eating habits. Positive support-systems help strengthen interpersonal skills and the development/maintenance of an individual’s healthy body image and lifestyle.</td>
</tr>
</tbody>
</table>

### Performance Assessment: The capstone/summative assessment for this unit.

<table>
<thead>
<tr>
<th>Claims:</th>
<th>Positive nutritional choices provide the basis for balanced healthy eating and physical wellbeing. Eating disorders can compromise healthy weight, healthy habits, healthy food choices as well as a person’s overall well-being and safety.</th>
</tr>
</thead>
</table>
| Stimulus Material: | As student health advocates you will script, direct and produce a public service announcement that will include documented research and valid information. You have two choices for your PSA focus.  
For your first choice, the goal is to educate your peers about balanced eating habits and their relationship to physical well-being. In constructing your public service announcement, your team should address questions such as:  
How do you know if your food is healthy? What/who are influences on teens’ food choices?  
How do food choices impact a person’s life?  
For your second choice, the goal is to educate your peers about the emotional and physical effects of eating disorders and the positive influences of support systems. In constructing your public service announcement, your team should address questions such as:  
What are the short term and long term impacts of eating disorders?  
What systems of support have proven to have a positive impact for people suffering from eating disorders? |
| Product/Evidence: | Students may work in heterogeneous groups (of 2-3 students) to produce a PSA to be shared with the school community. When completed the students’ public service announcements should address why healthy eating is important, recognize and describe how eating habits are influenced and demonstrate an understanding of how to develop a healthy diet.  
## Differentiation: (Multiple modes for student expression)

The PSA may take the form of:
- Video presentations (moviemaker, iMovie)
- Voicethread

Each student will be responsible for the construction of the PSA (using and citing appropriate evidence, constructing a compelling argument/case for healthy eating habits, etc...) During production, however, students may assume different roles that could include:
- Presenter
- Videographer/technician
- Graphic/visual artist

## Texts for independent reading or for class read aloud to support the content

<table>
<thead>
<tr>
<th>Informational/Non-Fiction</th>
<th>Fiction</th>
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</thead>
</table>
| **Teens Cook: How to Cook What You Want to Eat** by Meghan Carle, Jill Carle and Judi Carle (Lexile band 800 – 1000)  
**The Drama Years: Real Girls Talk About Surviving Middle School - Bullies, Brands, Body Image, and More** by Haley Kilpatrick and Whitney Joiner (Lexile band 800 – 1000)  
**Everybody’s Different: A Positive Approach to Teaching about Health, Puberty, Body Image, Nutrition, Self-Esteem and Obesity Prevention** by Jenny O’Dea (Lexile band 800 – 1000)  
**Thin** by Grace Bowman (Lexile band 735-1065) | **Wintergirls**-Laurie Halse Anderson (Lexile level 1065)  
**Fat Kid Rules the World**-K.L. Going (Lexile band 665-1000)  
**The List**-Siobhan Vivian (Lexile level 750) |

## Ongoing Discipline-Specific Learning Experiences

<table>
<thead>
<tr>
<th>1.</th>
<th>Description: Think/work like a health advocate - making positive nutritional choices.</th>
<th>Teacher Resources:</th>
<th>Student Resources:</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Teacher Resources:</td>
<td>Student Resources:</td>
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<tr>
<td></td>
<td><a href="http://www.eatright.org">www.eatright.org</a>  (Good nutrition for teens)</td>
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<td></td>
</tr>
</tbody>
</table>
|    | Skills: Understand the food categories and the nutritional correlation to developing a healthy diet  
Critique the front and back of food labels and understand what part of the label is significant | Assessment: Students will analyze the various types of food products found in their own pantry at home and evaluate the nutritional labels of ten types of foods (e.g., nutritional notebook, graphic organizer). |    |
<table>
<thead>
<tr>
<th>2.</th>
<th>Description:</th>
<th>Think/work like a health advocate - developing healthy eating behaviors</th>
<th>Teacher Resources:</th>
<th>Student Resources:</th>
<th>Description:</th>
<th>Think/work like a health advocate – understanding influences on nutritional decisions</th>
<th>Teacher Resources:</th>
<th>Student Resources:</th>
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<tbody>
<tr>
<td></td>
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<td></td>
<td>wwwwin.cord.edu/fnd/tjray/Documents/Portfolio/Final%20Paper.doc (Media influences on teen eating habits)</td>
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<td><a href="http://www.huffingtonpost.com/2013/10/28/peer-pressure-food-choices-restaurant-menu-order_n_4169999.html">http://www.huffingtonpost.com/2013/10/28/peer-pressure-food-choices-restaurant-menu-order_n_4169999.html</a> (Peer pressure can influence eating habits)</td>
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<td><a href="http://www.impacteen.org">www.impacteen.org</a> (Influences)</td>
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<tr>
<td>Skills:</td>
<td>Recognize eating patterns to develop healthy eating habits</td>
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<td>Assessment:</td>
<td>Students will create a food journal to log meals and snacks they have eaten for one week (e.g., food journal). Next to each entry they will designate whether they ate that food alone, or with peers, or with family.</td>
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<td></td>
<td>Analyze personal eating habits and traditions in their family and culture and how it affects overall nutrition</td>
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<td>3.</td>
<td>Description:</td>
<td>Think/work like a health advocate – understanding influences on nutritional decisions</td>
<td>Teacher Resources:</td>
<td>Student Resources:</td>
<td>Description:</td>
<td>Think/work like a health advocate – understanding influences on nutritional decisions</td>
<td>Teacher Resources:</td>
<td>Student Resources:</td>
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<tr>
<td>Skills:</td>
<td>Analyze personal eating habits and traditions in their family and culture and how it affects overall nutrition</td>
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<td></td>
<td>Assessment:</td>
<td>Students will evaluate eating behaviors for one week to compare and contrast what influences meeting habits in different circumstances. (E.g., family, peers, at school, under stress, feeling sad etc.)</td>
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<td>Critique the front and back of food labels and understand what part of the label is significant</td>
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### Prior Knowledge and Experiences

These ongoing learning experiences build upon a presumed student working knowledge of the concepts such as influence, choices, nutrition, nutrients, diet, safety and relationships. This unit will scaffold from these concepts to allow students to develop a better understanding of the importance of positive body image and the short term and long term impact of eating disorders.

### Learning Experience # 1

The teacher may explore with students a variety of visuals (photos, internet depictions, magazine pictures, etc.) that depict amazing accomplishments of the human body (birth, the brain, athleticism, a person with a disability, trauma survivor, musician, dancer, flexibility, etc.) so students can analyze the many strengths and capabilities of the human body.

<table>
<thead>
<tr>
<th>Generalization Connection(s):</th>
<th>Eating disorders can compromise healthy weight, healthy habits, healthy food choices, as well as a person's overall well-being and safety</th>
</tr>
</thead>
</table>
| Student Resources:            | [http://teamhoyt.com](http://teamhoyt.com) (Story of a father and his son with disabilities completing marathons)  
[http://www.hawking.org.uk](http://www.hawking.org.uk) (Stephen Hawking's website) |
| Assessment:                   | Students will research to find illustrations of 3 amazing aspects/capacities of the human body and make connections to at least one amazing accomplishment/capacities of their own body (e.g., T-chart)  
| Differentiation: (Multiple means for students to access content and multiple modes for student to express understanding.) | Access (Resources and/or Process)  
The teacher may reduce the requirements of the assignment  
Expression (Products and/or Performance)  
Students may cite one amazing aspect/capacity of the human body and connect to their body  
Or students can create visual T-charts |
| Extensions for depth and complexity: | Access (Resources and/or Process)  
The teacher may provide resources:  
Expression (Products and/or Performance)  
Students may investigate how different systems in the body are affected by nutritional choices and eating habits. (Cause and effect) |
## Critical Content:
- The impact of a healthy diet on positive self-image

## Key Skills:
- Identify human body strengths and understand how eating habits contribute or detract from mental and physical health

## Critical Language:
Body image, well-being, nutrition, influence, choices, well-being, strategies, image, impact, consequences

### Learning Experience # 2

The teacher may use images of various foods to allow students to examine their perception of healthy and unhealthy food choices.

| Generalization Connection(s): | Positive nutritional choices provide the basis for healthy eating and physical wellbeing |
| Teacher Resources: | 

| Student Resources: | 

| Assessment: | Students will use the T-chart to categorize one day’s food consumption in terms of healthy and unhealthy choices.  
Students will use the T-chart to draw conclusions about their food choices. |

| Differentiation: | Access (Resources and/or Process) | Expression (Products and/or Performance) |
| (Multiple means for students to access content and multiple modes for student to express understanding.) | N/A | Students may complete a T-Chart using images and then students may dictate their conclusions one-on-one with the teacher or peer |
### Extensions for depth and complexity:

<table>
<thead>
<tr>
<th>Access (Resources and/or Process)</th>
<th>Expression (Products and/or Performance)</th>
</tr>
</thead>
</table>
| The teacher may provide resources:  
  [www.eatright.org](http://www.eatright.org) (Good nutrition for teens)  
  [http://www.healthychildren.org/English/ages-stages/teen/nutrition/pages/A-Teenagers-Nutritional-Needs.aspx](http://www.healthychildren.org/English/ages-stages/teen/nutrition/pages/A-Teenagers-Nutritional-Needs.aspx) (A teenager’s nutritional needs) | Students may generate their own graphic organizer with more in depth categories (e.g., Proteins, Saturated Fats) |

### Critical Content:
- The importance of a variety of foods/beverages for a healthy diet
- Healthy dietary choices in a variety of settings
- Family, media, and peers influences on a healthy diet
- The nutrient contents of food

### Key Skills:
- Analyze personal eating habits and traditions in their family and culture and how it affects overall nutrition
- Understand the food categories and the nutritional correlation to developing a healthy diet

### Critical Language:
Influence, choices, nutrition, body image, diet, relationships, healthy weight, well-being, nutrients

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### Learning Experience #3

The teacher may review essential nutrients so students can analyze and question how the presence/absence of nutrients (proteins, carbohydrates, fats, vitamins, minerals, etc.) impact or should impact food choices.

#### Generalization Connection(s):
Positive nutritional choices provide the basis for balanced healthy eating and physical wellbeing

#### Teacher Resources:
- [http://www.youtube.com/watch?v=q_u05SehRdk](http://www.youtube.com/watch?v=q_u05SehRdk) (General overview of the $100,000 pyramid show with host explanation)
- [http://wiki.fms.k12.nm.us/groups/middleschoolteachingideas/wiki/94d30/](http://wiki.fms.k12.nm.us/groups/middleschoolteachingideas/wiki/94d30/) (Template to create the $100,000 Pyramid game)
- [http://www.choosemyplate.gov](http://www.choosemyplate.gov) (Dietary Guidelines)
- [http://www.nationaldairycouncil.org/Pages/Home.aspx](http://www.nationaldairycouncil.org/Pages/Home.aspx) (Dietary Guidelines)

#### Student Resources:
- [http://www.choosemyplate.gov](http://www.choosemyplate.gov) (Dietary Guidelines)
- [http://www.nationaldairycouncil.org/Pages/Home.aspx](http://www.nationaldairycouncil.org/Pages/Home.aspx) (Dietary Guidelines)

#### Assessment:
Students will play $100,000 pyramid game using nutrient information presented by teacher. Students will construct a reflective piece on their success or lack of success in completing the game.

#### Differentiation:
(Multiple means for students to access content and multiple modes for student to express understanding.)

<table>
<thead>
<tr>
<th>Access (Resources and/or Process)</th>
<th>Expression (Products and/or Performance)</th>
</tr>
</thead>
<tbody>
<tr>
<td>N/A</td>
<td>Students may use a vocabulary words list to assist in playing the game</td>
</tr>
</tbody>
</table>
### Extensions for depth and complexity:

<table>
<thead>
<tr>
<th>Access (Resources and/or Process)</th>
<th>Expression (Products and/or Performance)</th>
</tr>
</thead>
<tbody>
<tr>
<td>N/A</td>
<td>Students may create their own $100,000 pyramid game</td>
</tr>
</tbody>
</table>

### Critical Content:

- The importance of a variety of foods/beverages for a healthy diet
- Healthy dietary choices in a variety of settings
- The result of various food choices on a person’s weight
- The nutrient contents of food

### Key Skills:

- Recognize eating patterns to develop healthy eating habits
- Understand the food categories and the nutritional correlation to developing a healthy diet

### Critical Language:

Choices, nutrition, diet, healthy weight, well-being, nutrients, essential, proteins, carbohydrates, fats, vitamins, minerals

---

### Learning Experience # 4

The teacher may examine elements of food labels so students can draw conclusions about the purpose(s) of the labels in relation to nutritional value of food products.

**Generalization Connection(s):**

Positive nutritional choices provide the basis for balance healthy eating and physical wellbeing

**Teacher Resources:**

- [http://www.fda.gov/food/ingredientspackaginglabeling/labelingnutrition/ucm274593.htm#twoparts](http://www.fda.gov/food/ingredientspackaginglabeling/labelingnutrition/ucm274593.htm#twoparts) (How to read/use food labels)

**Student Resources:**

- [http://www.fda.gov/food/ingredientspackaginglabeling/labelingnutrition/ucm274593.htm#twoparts](http://www.fda.gov/food/ingredientspackaginglabeling/labelingnutrition/ucm274593.htm#twoparts) (How to read/use food labels)

**Assessment:**

Students will compare and contrast two items from the same food category. (e.g. two breakfast cereals). Students will use the information on the food label to determine the better nutritional option of the two examples. (Compare fats, proteins, carbohydrates, vitamins etc.)

### Colorado Teacher-Authorized Sample Instructional Unit

**Differentiation:**
(Multiple means for students to access content and multiple modes for student to express understanding.)

<table>
<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>N/A</td>
<td>Students may work with partners to complete their compare and contrast document</td>
</tr>
</tbody>
</table>

**Extensions for depth and complexity:**

<table>
<thead>
<tr>
<th>Access (Resources and/or Process)</th>
<th>Expression (Products and/or Performance)</th>
</tr>
</thead>
<tbody>
<tr>
<td>The teacher may provide: <a href="http://nces.ed.gov/nceskids/createagraph">http://nces.ed.gov/nceskids/createagraph/</a> (Graph creator)</td>
<td>Students may graph nutrient content from the foods they compared and contrasted</td>
</tr>
</tbody>
</table>

**Critical Content:**

- The importance of a variety of foods/beverages for a healthy diet
- Healthy dietary choices in a variety of settings
- The result of various food choices on a person’s weight
- The nutrient contents of food

**Key Skills:**

- Recognize eating patterns to develop healthy eating habits
- Understand the food categories and the nutritional correlation to developing a healthy diet
- Critique the front and back of food labels and understand what part of the label is significant

**Critical Language:**

Choices, nutrition, diet, well-being, nutrients, serving, calories, percentage, daily recommended allowance (DRA), fats, carbohydrates, vitamins, minerals, protein, sodium

---

**Learning Experience # 5**

The teacher may use the question “Who/what influences your food choices?” so student can begin to discuss and debate the impacts of culture, family, and peers on personal food choices.

**Generalization Connection(s):**

Positive nutritional choices provide the basis for balanced healthy eating and physical well being

Culture, family, peers, and media shape one’s choices for building healthy eating habits

**Teacher Resources:**

- [http://www.learnalberta.ca/content/sssm/html/fourcornersdiscussion_sm.html](http://www.learnalberta.ca/content/sssm/html/fourcornersdiscussion_sm.html) - Four corners description
- [www.impacteen.org](http://www.impacteen.org) (Influences)

**Student Resources:**

- [www.impacteen.org](http://www.impacteen.org) (Influences)
### Assessment:
Students will choose a position i.e. either culture, family, peers, media has the biggest influence on their food choices/eating habits, and defend their position individually and as part of a group. (e.g., four corners, philosophical chairs). Teachers may use various formats to facilitate this discussion. e.g., four corners, philosophical chairs, take a stand etc.

Students will also construct an exit ticket documenting their post discussion position regarding their biggest influence on their eating habits.

### Differentiation:
(Multiple means for students to access content and multiple modes for student to express understanding.)

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</thead>
<tbody>
<tr>
<td>N/A</td>
<td>Students may pair with a fellow student during the discussion process to express their position</td>
</tr>
</tbody>
</table>

### Extensions for depth and complexity:

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</tr>
</thead>
<tbody>
<tr>
<td>N/A</td>
<td>N/A</td>
</tr>
</tbody>
</table>

### Critical Content:
- Healthy dietary choices in a variety of settings
- The impact of Interpersonal skills on a healthy diet
- Family, media, and peers influences on a healthy diet
- The nutrient contents of food

### Key Skills:
- Recognize eating patterns to develop healthy eating habits
- Analyze personal eating habits and traditions in their family and culture and how it affects overall nutrition

### Critical Language:
Disorders, influence, choices, direction, image, strategies, signs, symptoms, consequences, interpersonal skills, treatment, impact, safety, nutrition, body image, diet, relationships, healthy weight, well-being, nutrients

### Learning Experience # 6
The teacher may use images of meals from various cultures around the world so students can begin to examine the ways in which personal food choices can often be based on cultural histories, beliefs, expectations, etc.

<table>
<thead>
<tr>
<th>Generalization Connection(s):</th>
<th>Culture, family, peers, and media shape one’s choices for building healthy eating habits</th>
</tr>
</thead>
</table>
### Assessment:
Students will interview family members/relatives regarding traditional/cultural foods they regularly eat. Students will use the data gathered to create a visual depiction of the cultural connections to their family’s food choices


### Differentiation:
(Multiple means for students to access content and multiple modes for student to express understanding.)

<table>
<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>N/A</td>
<td>Students may audio tape the interview with family members</td>
</tr>
</tbody>
</table>

### Extensions for depth and complexity:

<table>
<thead>
<tr>
<th>Access (Resources and/or Process)</th>
<th>Expression (Products and/or Performance)</th>
</tr>
</thead>
<tbody>
<tr>
<td>The teacher may provide pictures of food from various countries. <a href="http://world.time.com/2013/09/20/hungry-planet-what-the-world-eats/">http://world.time.com/2013/09/20/hungry-planet-what-the-world-eats/</a> (Shows food expenditure and consumption per week for families around the world)</td>
<td>Students may graph various foods they eat from different cultures</td>
</tr>
</tbody>
</table>

### Critical Content:
- Family, media, and peers influences on a healthy diet
- The impact of Interpersonal skills on a healthy diet
- Healthy dietary choices in a variety of settings
- The importance of a variety of foods/beverages for a healthy diet
- The result of various food choices on a person’s weight

### Key Skills:
- Recognize eating patterns to develop healthy eating habits
- Analyze personal eating habits and traditions in their family and culture and how it affects overall nutrition

### Critical Language:
- Influence, choices, direction, image, identity, family, culture, traditions, interpersonal skills, impact, nutrition, body image, diet, relationships, healthy weight, well-being, nutrients

### Learning Experience # 7

The teacher may bring in personal examples of family and peer influences so students can begin to consider and identify personal influences on their food and beverage choices.

### Generalization Connection(s):
Culture, family, peers and media shape one’s choices for building healthy eating habits

### Teacher Resources:
- [https://www.pscentral.org/home.do](https://www.pscentral.org/home.do) (Browse PSA campaigns for PSA’s that exemplify influence)
- [http://www.eduplace.com/graphicorganizer/](http://www.eduplace.com/graphicorganizer/) (Graphic Organizers)

### Student Resources:
- [http://www.graphic.org/venbas](http://www.graphic.org/venbas) (Venn diagram example)

### Assessment:
Students will create two Venn diagrams comparing their food choices in different settings. The first diagram will compare food choices when they eat alone vs. with peers. The second Venn diagram will compare food choices for when they eat with their
### Differentiation:
(Multiple means for students to access content and multiple modes for student to express understanding.)

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</thead>
<tbody>
<tr>
<td>N/A</td>
<td>Students may choose to complete one of the Venn diagram comparisons instead of two</td>
</tr>
</tbody>
</table>

### Extensions for depth and complexity:

<table>
<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>N/A</td>
<td>Students may create their own categories to compare their food choices</td>
</tr>
</tbody>
</table>

### Critical Content:
- Family, media, and peers influences on a healthy diet

### Key Skills:
- Analyze personal eating habits and traditions in their family and culture and how it affects overall nutrition

### Critical Language:
Influence, choices, relationships, well-being, strategies, image, impact, consequences, interpersonal skills

### Learning Experience #8

The teacher may bring in examples of (food) commercials and advertisements aimed at adolescents so students can begin to examine and analyze particular marketing strategies used to influence food choices.

#### Generalization Connection(s):
Culture, family, peers, and media shape one’s choices for building healthy eating habits

#### Teacher Resources:
- [http://www.youtube.com](http://www.youtube.com) (Commercial Resources)
- [http://library.thinkquest.org/C0111500/proptech.htm](http://library.thinkquest.org/C0111500/proptech.htm) (Advertising techniques)
- [http://www.understandmedia.com/topics/media-theory/110-how-to-analyze-a-television-commercial](http://www.understandmedia.com/topics/media-theory/110-how-to-analyze-a-television-commercial) (How to analyze a commercial)

#### Student Resources:
- [http://library.thinkquest.org/C0111500/proptech.htm](http://library.thinkquest.org/C0111500/proptech.htm) (Advertising techniques)
- [http://www.understandmedia.com/topics/media-theory/110-how-to-analyze-a-television-commercial](http://www.understandmedia.com/topics/media-theory/110-how-to-analyze-a-television-commercial) (How to analyze a commercial)

#### Assessment:
Students will watch television for a particular block of time and identify food commercials to analyze marketing strategies and determine what advertising techniques are being used.
| Differentiation: | http://library.thinkquest.org/C0111500/proptech.htm (Advertising techniques)  
http://www.understandmedia.com/topics/media-theory/110-how-to-analyze-a-television-commercial (How to analyze a commercial) |
| Access (Resources and/or Process) | Expression (Products and/or Performance) |
| N/A | Students may watch commercials in their home language and complete the assignment |

| Extensions for depth and complexity: | Access (Resources and/or Process) | Expression (Products and/or Performance) |
| The teacher may provide examples of commercials in order to provide ideas for students | Students may use the data gathered for the assessment to construct an opinion piece regarding the most persuasive advertising techniques |
| Search http://www.bing.com/videos (Commercials that influence eating habits)  
http://www.YouTube.com for commercials that influence eating habits |

| Critical Content: | Family, media, and peers influences on a healthy diet |

| Key Skills: | Analyze personal eating habits and traditions in their family and culture and how it affects overall nutrition |

| Critical Language: | Influence, choices, relationships, well-being, strategies, image, impact, consequences, interpersonal skills |

### Learning Experience # 9

The teacher may use a dramatic story about an adolescent struggling with body image (e.g., a selection from No Body's Perfect by Kimberly Kirberger) so students can problem solve for the adolescent regarding positive support systems. (i.e., family, friends, teacher, etc.).

| Generalization Connection(s): | Positive support-system help strengthen interpersonal skills and the development/maintenance of an individual’s healthy body image and lifestyle |

| Teacher Resources: | https://www.rachelsimmons.com (Girl Tips and Self-Esteem)  
http://www.search-institute.org/content/40-developmental-assets-adolescents-ages-12-18 (Developmental Assets)  
http://www.livestrong.com/teens-drugs (Distorted body images in teens)  
www.parentingteens.about.com/od/bodyimage/fr/media_bodyimage.htm (Distorted body images in teens)  
No Body's Perfect by Kimberly Kirberger- collection of stories, essays, and poetry written by both teenage girls and adult women who are dealing with body-image issues |

| Student Resources: | https://www.rachelsimmons.com (Girl Tips and Self-Esteem)  
http://www.search-institute.org/content/40-developmental-assets-adolescents-ages-12-18 (Developmental Assets) |
## Assessment:
Students will write a letter of advice to the main character in the story suggesting possible resources/organizations that may be valuable for their situation. (i.e., family, friends, teacher, counselor, etc.)

**Access (Resources and/or Process)**
The teacher may provide a friendly letter template with starter sentence stems

**Expression (Products and/or Performance)**
Students may orally dictate the contents of the letter

## Differentiation:
(Multiple means for students to access content and multiple modes for student to express understanding.)

## Extensions for depth and complexity:
The teacher may provide:
[https://sites.google.com/site/teacherquality/psa](https://sites.google.com/site/teacherquality/psa)

Students may develop a brochure for their school to provide information to peers about positive support systems available to assist with making healthy choices about food and care for your body

## Critical Content:
- The impact of Interpersonal skills on a healthy diet
- Family, media, and peers influences on a healthy diet

## Key Skills:
- Define and identify types of eating disorders
- Assess what comprises a support system

## Critical Language:
Influence, choices, relationships, well-being, strategies, image, impact, consequences, interpersonal skills

## Learning Experience # 10
The teacher may introduce causes, complications and warning signs of eating disorders (Bulimia, Anorexia) so students can begin to examine (some examples of) unhealthy relationships with food.

**Generalization Connection(s):**
Eating disorders can compromise healthy weight, healthy habits, healthy food choices as well as a person’s overall well-being and safety

**Teacher Resources:**
[http://www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org) (Offers information in all areas specified in the task description)
[http://kidshealth.org/teen/food_fitness/problems/eat_disorder.html](http://kidshealth.org/teen/food_fitness/problems/eat_disorder.html) (Offers information in all areas specified in the task description)

**Student Resources:**
[http://www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org) (Offers information in all areas specified in the task description)
## Colorado Teacher-Authored Sample Instructional Unit

| Assessment: |  
|---|---|
| Students will construct a short expository essay explaining their understanding of the causes, complications and warning signs of either anorexia nervosa or bulimia. |  

| Differentiation: |  
|---|---|
| Access (Resources and/or Process) | Expression (Products and/or Performance) |  
| The teacher may provide a template for an essay [https://wikis.engrade.com/template](https://wikis.engrade.com/template) (5 paragraph essay template) | N/A |  

| Extensions for depth and complexity: |  
|---|---|
| Access (Resources and/or Process) | Expression (Products and/or Performance) |  
| N/A | N/A |  

### Critical Content:
- The signs, symptoms, and consequences of eating disorders

### Key Skills:
- Define and identify types of eating disorders

### Critical Language:
- Nutrition, body image, diet, relationships, healthy weight, well-being, consequences, impact

## Learning Experience #11

The teacher may define and provide examples of support systems for healthy eating so students can draw conclusions about their own resources for healthy food choices and eating habits.

### Generalization Connection(s):
Positive support systems help strengthen interpersonal skills and the development/maintenance of an individual’s healthy body image and lifestyle

### Teacher Resources:
- [http://www.selfgrowth.com/search/google?query=support+systems+for+teens&op.x=42&op.y=10&op=Search&cx=010742043194261583906%3A2yzdfxtceegw&cof=FORID%3A9](http://www.selfgrowth.com/search/google?query=support+systems+for+teens&op.x=42&op.y=10&op=Search&cx=010742043194261583906%3A2yzdfxtceegw&cof=FORID%3A9) (Articles on Support Systems)

### Student Resources:
- [http://www.selfgrowth.com/search/google?query=support+systems+for+teens&op.x=42&op.y=10&op=Search&cx=010742043194261583906%3A2yzdfxtceegw&cof=FORID%3A9](http://www.selfgrowth.com/search/google?query=support+systems+for+teens&op.x=42&op.y=10&op=Search&cx=010742043194261583906%3A2yzdfxtceegw&cof=FORID%3A9) (Articles on Support Systems)
- [http://www.metrocrisiservices.org](http://www.metrocrisiservices.org)

### Assessment:
Students will construct a journal entry (see ongoing experience #2) to identify who is part of their support system, how they utilize this support, and what steps they can take to add people to their network of support if needed (e.g., graphic organizer, journal)

### Differentiation:
- Access (Resources and/or Process) | Expression (Products and/or Performance) |  
- N/A | N/A |
The teacher may show examples of current Public Service Announcements (PSAs) so students can critique the elements of a quality PSA.

**Generalization Connection(s):**
Positive nutritional choices provide the basis for balanced healthy eating and physical wellbeing. Culture, family, peers, and media shape one’s choices for building healthy eating habits.

**Teacher Resources:**

**Student Resources:**
- [http://adcouncil.org/Our-Work/offset/24](http://adcouncil.org/Our-Work/offset/24) (Ad Council Public Service Announcements)

**Assessment:**

**Differentiation:**
(Multiple means for students to access content and multiple modes for student to express understanding.)

<table>
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</table>
## Colorado Teacher-Authored Sample Instructional Unit

### Extensions for depth and complexity:

<table>
<thead>
<tr>
<th>Access (Resources and/or Process)</th>
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</tr>
</thead>
<tbody>
<tr>
<td>The teacher may provide students with a list of PSA’s.</td>
<td>Students may use the data gathered for the assessment to construct an opinion piece regarding the most persuasive PSAs</td>
</tr>
</tbody>
</table>

### Critical Content:
- Family, media, and peers influences on a healthy diet
- Media informs their communities so people may become effective and active citizens
- PSAs are advertising that uses persuasive techniques

### Key Skills:
- Recognize eating patterns to develop healthy eating habits
- Analyze personal eating habits and traditions in their family and culture and how it affects overall nutrition
- Understand the food categories and the nutritional correlation to developing a healthy diet

### Critical Language:
- Public Service Announcement, PSA, Persuasive, Advertising, Healthy Nutrition, Personal Eating Habits, Choices

### Learning Experience # 13

The teacher may provide resources so students can de-construct the elements of a PSA.

### Generalization Connection(s):
- Positive nutritional choices provide the basis for balanced healthy eating and physical well-being

### Teacher Resources:

### Student Resources:

### Assessment:
- Students will construct a draft outline for their final PSA.

### Differentiation:
- (Multiple means for students to access content and multiple modes for student to express understanding.)

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<tbody>
<tr>
<td>N/A</td>
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</table>
### Critical Content:
- The importance of a variety of foods/beverages for a healthy diet
- Healthy dietary choices in a variety of settings
- The impact of Interpersonal skills on a healthy diet

### Key Skills:
- Recognize eating patterns to develop healthy eating habits
- Analyze personal eating habits and traditions in their family and culture and how it affects overall nutrition

### Critical Language:
Nutrition, body image, diet, relationships, healthy weight, well-being, nutrients, disorders, influence, choices, PSA