Instructional Unit Title: Nutrition For a Healthy Life

The teacher may explore with students a variety of visuals (photos, internet depictions, magazine pictures, etc.) that depict amazing accomplishments of the human body so students can analyze the many strengths and capabilities of the human body.

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

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.

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.

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.

PERFORMANCE ASSESSMENT: 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 influences teens’ food choices?
• How much 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.

This unit was authored by a team of Colorado educators. 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. To see the entire instructional unit sample with possible learning experiences, resources, differentiation, and assessments visit http://www.cde.state.co.us/standardsandinstruction/instructionalunitsamples.