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BASED ON A CURRICULUM OVERVIEW SAMPLE AUTHORED BY
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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: OCTOBER 2015
<table>
<thead>
<tr>
<th>Standard</th>
<th>Grade Level Expectations (GLE)</th>
<th>GLE Code</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>2. Physical and Personal Wellness</strong></td>
<td>1. Analyze the benefits of a healthy diet and the consequences of an unhealthy diet</td>
<td>CH09-GR.HS.S.2-GLE.1</td>
</tr>
<tr>
<td></td>
<td>2. Analyze how family, peers, media, culture, and technology influence healthy eating choices</td>
<td>CH09-GR.HS.S.2-GLE.2</td>
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<td></td>
<td>3. Demonstrate ways to take responsibility for healthy eating</td>
<td>CH09-GR.HS.S.2-GLE.3</td>
</tr>
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<td></td>
<td>4. Use a decision-making process to make healthy decisions about relationships and sexual health</td>
<td>CH09-GR.HS.S.2-GLE.4</td>
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<td></td>
<td>5. Support others in making positive and healthful choices about sexual activity</td>
<td>CH09-GR.HS.S.2-GLE.5</td>
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<tr>
<td></td>
<td>6. Develop and maintain the ongoing evaluation of factors that impact health, and modify lifestyle accordingly</td>
<td>CH09-GR.HS.S.2-GLE.6</td>
</tr>
<tr>
<td><strong>3. Emotional and Social Wellness</strong></td>
<td>1. Analyze the interrelationship of physical, mental, emotional, and social health</td>
<td>CH09-GR.HS.S.3-GLE.1</td>
</tr>
<tr>
<td></td>
<td>2. Set goals, and monitor progress on attaining goals for future success</td>
<td>CH09-GR.HS.S.3-GLE.2</td>
</tr>
<tr>
<td></td>
<td>3. Advocate to improve or maintain positive mental and emotional health for self and others</td>
<td>CH09-GR.HS.S.3-GLE.3</td>
</tr>
<tr>
<td><strong>4. Prevention and Risk Management</strong></td>
<td>1. Comprehend concepts that impact of individuals’ use or nonuse of alcohol or other drugs</td>
<td>CH09-GR.HS.S.4-GLE.1</td>
</tr>
<tr>
<td></td>
<td>2. Analyze the factors that influence a person’s decision to use or not use alcohol, tobacco, and other drugs</td>
<td>CH09-GR.HS.S.4-GLE.2</td>
</tr>
<tr>
<td></td>
<td>3. Develop interpersonal communication skills to refuse or avoid alcohol, tobacco, or other drugs</td>
<td>CH09-GR.HS.S.4-GLE.3</td>
</tr>
<tr>
<td></td>
<td>4. Develop self-management skills to improving health by staying tobacco, alcohol, and drug-free</td>
<td>CH09-GR.HS.S.4-GLE.4</td>
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<tr>
<td></td>
<td>5. Analyze the factors that influence community and societal beliefs that underlie violence, and describe relationships, attitudes, behavior, and vulnerability to violence</td>
<td>CH09-GR.HS.S.4-GLE.5</td>
</tr>
<tr>
<td></td>
<td>6. Analyze the underlying causes of self-harming behavior, harming others and steps involved in seeking help</td>
<td>CH09-GR.HS.S.4-GLE.6</td>
</tr>
<tr>
<td></td>
<td>7. Identify the emotional and physical consequences of violence, and find strategies to deal with, prevent, and report them</td>
<td>CH09-GR.HS.S.4-GLE.7</td>
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<tr>
<td></td>
<td>8. Access valid information and resources that provide information about sexual assault and violence</td>
<td>CH09-GR.HS.S.4-GLE.8</td>
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<tr>
<td></td>
<td>9. Demonstrate verbal and nonverbal communication skills and strategies to prevent violence</td>
<td>CH09-GR.HS.S.4-GLE.9</td>
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<tr>
<td></td>
<td>10. Advocate for changes in the home, school, or community that would increase safety</td>
<td>CH09-GR.HS.S.4-GLE.10</td>
</tr>
</tbody>
</table>
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.

### Unit Titles

<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</td>
<td>3 weeks</td>
<td>4</td>
</tr>
<tr>
<td><strong>Unit Title</strong></td>
<td>Nutrition</td>
<td><strong>Length of Unit</strong></td>
</tr>
<tr>
<td>----------------</td>
<td>-----------------</td>
<td>-------------------</td>
</tr>
<tr>
<td><strong>Focusing Lens(es)</strong></td>
<td>Choices</td>
<td><strong>Standards and Grade Level Expectations Addressed in this Unit</strong></td>
</tr>
<tr>
<td><strong>Inquiry Questions (Engaging-Debatable):</strong></td>
<td></td>
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</tr>
<tr>
<td>- How is a person influenced about their food choices? (CH09.GR.HS-S.2-GLE.2)</td>
<td></td>
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<tr>
<td>- How do nutritional choices impact society? (CH09.GR.HS-S.2-GLE.3)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- What is personal responsibility in relation to one’s nutrition? (CH09.GR.HS-S.2-GLE.1,2,3)</td>
<td></td>
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</tr>
<tr>
<td><strong>Unit Strands</strong></td>
<td>Physical and Personal Wellness</td>
<td><strong>Concepts</strong></td>
</tr>
<tr>
<td><strong>Generalizations</strong></td>
<td><strong>Factual</strong></td>
<td><strong>Guiding Questions</strong></td>
</tr>
<tr>
<td>My students will <strong>Understand</strong> that...</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Personal beliefs, media, family, and peers often shape a person’s nutritional choices that can result in a variety of health consequences (CH09.GR.HS-S.2-GLE.1-N.1) and (CH09.GR.HS-S.2-GLE.2-EO.a,b,c,d,e;RA.1,2,3,5;N.1) and (CH09.GR.HS-S.2-GLE.3-EO.a,b,;RA.1,2,3)</td>
<td>What impact do media, family, and peers have on decision making about food and dietary choices?</td>
<td>Whose responsibility is it to make healthy decisions about food choices?</td>
</tr>
<tr>
<td>Valid and reliable nutritional resources can facilitate positive decision-making with regards to maintaining a healthy diet. (CH09.GR.HS-S.2-GLE.1-EO.a,c,e;IQ.1,3;RA.1,N.1) and (CH09.GR.HS-S.2-GLE.2-EO.a;IQ.2,4;RA.1,3;N.1) and (CH09.GR.HS-S.2-GLE.3-EO.a,b,c,d;IQ.1,2;RA.1,2,3,N.1,2)</td>
<td>Why is it important to access reliable and valid information regarding nutrition? What is the importance of looking at a variety of resources to help set goals?</td>
<td>If everyone had a healthy diet, how would diseases be impacted? (CH09.GR.HS-S.2-GLE.1-EO.b;IQ.2)</td>
</tr>
<tr>
<td>Personal food choices, economics and behaviors all influence weight management, disease prevention, and overall health (CH09.GR.HS-S.2-GLE.1-EO.a,b,c,d,e) and (CH09.GR.HS-S.2-GLE.3-EO.a,b,c,d;IQ.1;RA.1,2,3,N.1,2)</td>
<td>How do food choices directly relate to weight management, illness, and overall health? (CH09.GR.HS-S.2-GLE.1-EO.a,b,c,d,e;IQ.1,2,3;RA.1,2,3,N.1)</td>
<td>Whose responsibility is it to regulate the obesity epidemic? (CH09.GR.HS-S.2-GLE.1-EO.a,b,c,e;IQ.1,2,3;RA.1,2,3,N.1) and (CH09.GR.HS-S.2-GLE.2-EO.b,d;IQ.1,2,5;RA.2,3)</td>
</tr>
</tbody>
</table>
### Critical Content:

**My students will Know...**

- The effects and importance of nutrients on the body (CH09.GR.HS-S.2-GLE.1-EO.a,b,c,d,e;IQ.1,RA.1,2,3,N.1)
- The impact family, peers, media, culture, and technology have on eating behaviors and choices (CH09.GR.HS-S.2-GLE.2-EO.a,b,c,d,e;IQ.1,2,3,4,RA.1,3,N.1)
- Consequences of eating/fitness behavior and illness (CH09.GR.HS-S.2-GLE.1-EO.a,b,d;IQ.1,2,3,RA.1,2,3,N.1) and (CH09.GR.HS-S.2-GLE.2-EO.a,b,c,d;IQ.3,4,5,RA.1,N.1) and (CH09.GR.HS-S.2-GLE.3-EO.a,b,c,d,e)
- The effects of Basal Metabolic Rate (BMR) and Body Mass Index (BMI) on weight management (CH09.GR.HS-S.2-GLE.3-EO.a,b,c,d)
- Federal nutrition guidelines, as well as other current research-based nutritional information (CH09.GR.HS-S.2-GLE.3-EO.a,d) and (CH09.GR.HS-S.2-GLE.1-EO.a,b,c)

### Key Skills:

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

- Establish a healthy eating plan (CH09.GR.HS-S.2-GLE.1-EO.a,c,e) and (CH09.GR.HS-S.2-GLE.3-EOa,b,c,d)
- Express the relationship between media and consumer products (CH09.GR.HS-S.2-GLE.2-EO.a,b,c,d,e) and (CH09.GR.HS-S.2-GLE.3-EO.b)
- Investigate illnesses related to eating behaviors (CH09.GR.HS-S.2-GLE.1-EO.a,b,c,d,e) and (CH09.GR.HS-S.2-GLE.2-EO.b,c,RA.5,N.1)
- Calculate Basal Metabolic Rate (BMR) and Body Mass Index (BMI) and correlate it to weight management (CH09.GR.HS-S.2-GLE.1-EO.a,c,e) and (CH09.GR.HS-S.2-GLE.3-EO.c,d)
- Evaluate (compare and contrast) different nutritional guidelines (CH09.GR.HS-S.2-GLE.1-EO.a,b,c) and (CH09.GR.HS-S.2-GLE.2-EO.b,c) and (CH09.GR.HS-S.2-GLE.3-EO.a,b,c,d)
## Unit Description:
This unit looks at influences such as family, peers, and culture and how they impact a person’s decisions for making healthy food choices. Additionally, the unit will allow students to explore how personal food choices, economics and behaviors influence weight management, disease prevention and overall health. The unit culminates with students using their knowledge of food choices and nutritional values to create a healthy restaurant menu.

## Considerations:
High School students should have a clear understanding of food groups and nutrients. However, not all students at this age may have the basic working knowledge or parental support to make positive food choices.

## Unit Generalizations

<table>
<thead>
<tr>
<th>Key Generalization:</th>
<th>Personal beliefs, media, family, and peers often shape a person’s nutritional choices that can result in a variety of health consequences.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Supporting Generalizations:</td>
<td>Personal food choices, economics and behaviors all influence weight management, disease prevention, and overall health. Valid and reliable nutritional resources can facilitate positive decision-making with regards to maintaining a healthy diet. The quality of mental health can impact an individual’s physical development, decision-making processes, body image perceptions, interpersonal relationships and personal well-being.</td>
</tr>
</tbody>
</table>

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

### Claims:
(Identity generalization(s) to be mastered and demonstrated through the capstone assessment.)
- Personal beliefs, media, family, and peers often shape a person’s nutritional choices that can result in a variety of health consequences. In addition, personal food choices, economics and behaviors all influence weight management, disease prevention, and overall health.

### Stimulus Material:
(Engaging scenario that includes role, audience, goal/outcome and explicitly connects the key generalization)
- As a restaurateur you will choose a target audience (e.g. Mexican, Italian, Asian-Fusion, Gluten Free, Vegan) and develop a restaurant with a menu that offers a variety of nutritional choices for your customer base. Your menu will demonstrate your knowledge of healthy food choices as well as factors that impact the nutritional choices of yourself and others (e.g. Personal beliefs, media, family & peer influences, economics, culture, and environment).

### Product/Evidence:
(Expected product from students)
- Students will create a menu that includes:
  - Restaurant Name
  - Type of Restaurant (e.g. Fast food, Bistro, Fine Dining)
  - Restaurant Cuisine Type (e.g. Mexican, Italian, Chinese, French etc.)
  - Appetizer, Salad, Main Course, Dessert and Drinks
  - Description of each item
  - Price of each item
  - Pictures of Meals
  - Within each section, there must be one dietary accommodation (e.g. low fat, gluten free, low calorie, low sugar, vegetarian)

### Differentiation:
(Multiple modes for student expression)
- Include the History of restaurant
- Restaurant Lay out
## Ongoing Discipline-Specific Learning Experiences

<table>
<thead>
<tr>
<th>#</th>
<th>Description</th>
<th>Teacher Resources</th>
<th>Student Resources</th>
<th>Skills</th>
<th>Assessment</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Think/work like a restauranteur – make healthy food choices</td>
<td><a href="http://www.restaurantreport.com/departments/biz_keeping-it-simple.html">http://www.restaurantreport.com/departments/biz_keeping-it-simple.html</a> (How to create a restaurant concept and succeed)</td>
<td><a href="http://www.cnpp.usda.gov/sites/default/files/dietary_guidelines_for_americans/DG2010Brochure.pdf">http://www.cnpp.usda.gov/sites/default/files/dietary_guidelines_for_americans/DG2010Brochure.pdf</a> (brochure with healthy eating guidelines)</td>
<td>Evaluate (compare and contrast) different nutritional guidelines</td>
<td>Students will analyze a menu of their choice and evaluate the food items based on their nutritional content. (e.g., nutritional notebook, graphic organizer).</td>
</tr>
<tr>
<td>2</td>
<td>Think/work like a restauranteur – analyze influences that impact eating habits</td>
<td><a href="http://www.theguardian.com/lifeandstyle/wordofmouth/2013/may/08/restaurant-menu-psychology-tricks-order-more">http://www.theguardian.com/lifeandstyle/wordofmouth/2013/may/08/restaurant-menu-psychology-tricks-order-more</a> (Article on the psychology of menu design)</td>
<td><a href="http://www.wikihow.com/Make-a-Restaurant-Menu">http://www.wikihow.com/Make-a-Restaurant-Menu</a> (How to make a restaurant menu)</td>
<td>Investigate illnesses related to eating behaviors</td>
<td>Students will create a brain wall that will compare and contrast the effect eating disorders have on various body systems.</td>
</tr>
</tbody>
</table>
### Colorado Teacher-Author Sample Instructional Unit

| Skills: | Establish a healthy eating plan | Assessment: | Students will record in a journal their eating habits for a period of time to analyze the strengths and weaknesses within their diet. |

### Prior Knowledge and Experiences

These ongoing learning experiences build upon a presumed student working knowledge of concepts such as influences, choices, nutrition, nutrients and diet. This unit will build upon these concepts to allow students to develop a better understanding of the importance of internal and external influences on our food choices and the impact on our short and long term health.

### Learning Experience #1

The teacher may show a nutritional video (e.g. Killer At Large) so students can begin to connect the ways media influences nutritional choices.

| Generalization Connection(s): | Personal beliefs, media, family, and peers often shape a person’s nutritional choices that can result in a variety of health consequences |

<table>
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<tr>
<th>Teacher Resources:</th>
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<tr>
<td><a href="https://www.youtube.com/watch?v=ONPC8yHw_VE">https://www.youtube.com/watch?v=ONPC8yHw_VE</a> (Killer at Large)</td>
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<td><a href="https://www.youtube.com/watch?v=N2diPZOtty0uper">https://www.youtube.com/watch?v=N2diPZOtty0uper</a> (Super-Size Me)</td>
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<tr>
<td><a href="https://www.youtube.com/watch?v=2Oq24hIFTY">https://www.youtube.com/watch?v=2Oq24hIFTY</a> (Food Inc.)</td>
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<tr>
<td><a href="http://www.readingrockets.org/strategies/exit_slips">http://www.readingrockets.org/strategies/exit_slips</a> (Exit Slip examples)</td>
</tr>
<tr>
<td><a href="http://www.theguardian.com/lifeandstyle/wordofmouth/2013/may/08/restaurant-menu-psychology-tricks-order-more">http://www.theguardian.com/lifeandstyle/wordofmouth/2013/may/08/restaurant-menu-psychology-tricks-order-more</a> (Article on the psychology of menu design)</td>
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<tr>
<td><a href="https://www.youtube.com/watch?v=ONPC8yHw_VE">https://www.youtube.com/watch?v=ONPC8yHw_VE</a> (Killer at Large)</td>
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<td><a href="http://www.theguardian.com/lifeandstyle/wordofmouth/2013/may/08/restaurant-menu-psychology-tricks-order-more">http://www.theguardian.com/lifeandstyle/wordofmouth/2013/may/08/restaurant-menu-psychology-tricks-order-more</a> (Article on the psychology of menu design)</td>
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<td><a href="https://www.youtube.com/watch?v=N2diPZOtty0uper">https://www.youtube.com/watch?v=N2diPZOtty0uper</a> (Super-Size Me)</td>
</tr>
</tbody>
</table>

| Assessment: | Students will answer the question "What impact may media, family and peers have on decision making about food and dietary choices?" (exit slip, pair/share) |

<table>
<thead>
<tr>
<th>Differentiation:</th>
<th>Access (Resources and/or Process)</th>
<th>Expression (Products and/or Performance)</th>
</tr>
</thead>
</table>
| (Multiple means for students to access content and multiple modes for student to express understanding.) | The teacher may simplify the exit question (e.g. How do TV and other people affect your decisions about food?) The teacher may provide sentence starters (e.g. TV affects my eating habits because...) | Students may:  
  - Focus on only one element of the question (e.g. media, family, or peers)  
  - Create a list rather than complete sentences  
  - Answer the question orally, rather than in writing |

<table>
<thead>
<tr>
<th>Extensions for depth and complexity:</th>
<th>Access (Resources and/or Process)</th>
<th>Expression (Products and/or Performance)</th>
</tr>
</thead>
</table>
### Critical Content:
- The impact family, peers, media, culture, and technology have on eating behaviors and choices
- Consequences of eating/fitness behavior and illness

### Key Skills:
- Express the relationship between media and consumer products

### Critical Language:
Influence, Perception, Media, Trends, Norms, Belief, Obesity, Behavior

## Learning Experience # 2

The teacher may bring examples of different menus so students can explore food options and menu designs.

### Generalization Connection(s):
Personal food choices, economics and behaviors all influence weight management, disease prevention, and overall health

### Teacher Resources:
- [http://www.huffingtonpost.com/2013/02/19/menu-labels-calories-color-symbols-restaurant-foods_n_2708204.html](http://www.huffingtonpost.com/2013/02/19/menu-labels-calories-color-symbols-restaurant-foods_n_2708204.html) (How putting different things in a menu affects how people select food and how much they eat)

### Student Resources:
- [http://www.wikihow.com/Make-a-Restaurant-Menu](http://www.wikihow.com/Make-a-Restaurant-Menu) (How to create a menu)

### Assessment:
Students will use a graphic organizer to review two different selected menus to analyze key aspects needed in a menu (e.g. menu sections, symbols used, colors, font, pictures, special meals)

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

#### Access (Resources and/or Process)
- The teacher may limit the number of questions
- The teacher may pair students with same native language speakers
- The teacher may provide specific examples of menu sections, symbols, etc.

#### Expression (Products and/or Performance)
- Students may present verbally one-on-one to teacher
- Students may thing-pair-share in their native language

### Extensions for depth and complexity:

#### Access (Resources and/or Process)

#### Expression (Products and/or Performance)

Students may read the article “Tricks of the restaurant trade” to analyze how restaurants carefully create their menus.

Students may compare and contrast different menus from restaurants looking for the key points to determine which menu may be the best.

Students may create their own compare and contrast organizer.

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### Critical Content:
- The impact family, peers, media, culture, and technology have on eating behaviors and choices

### Key Skills:
- Express the relationship between media and consumer products

### Critical Language:
- Analyze, Influence, Media, Portion Control, Restaurateur

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**Learning Experience #3**

The teacher may introduce the 6 important nutrients so students can investigate the impact nutrients have on the body.

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### Generalization Connection(s):
Valid and reliable nutritional resources can facilitate positive decision-making with regards to maintaining a healthy diet

### Teacher Resources:
- [http://www.educationoasis.com/curriculum/graphic_organizers.htm](http://www.educationoasis.com/curriculum/graphic_organizers.htm) (Graphic Organizers)
- [www.Naturalreader.com](http://www.naturalreader.com) (Text to speech software)
- [www.Kurzweiledu.com](http://www.kurzweiledu.com) (Text to speech software)
- [www.Readclip.com](http://www.readclip.com) (Text to speech software)
- [http://habitoynatural.foroes.org/f3-6-nutrientes-esenciales](http://habitoynatural.foroes.org/f3-6-nutrientes-esenciales) (6 nutrients information in Spanish)

### Student Resources:
- [http://habitoynatural.foroes.org/f3-6-nutrientes-esenciales](http://habitoynatural.foroes.org/f3-6-nutrientes-esenciales) (6 nutrients information in Spanish)

### Assessment:
Students will work in small groups and each will become the “expert” on a specific nutrient (e.g. water, minerals, fats) and share the important facts to the rest of the group.

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### 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>The teacher may provide a graphic organizer (possibly in native language) <strong>Refer to Teacher Resources</strong>&lt;br&gt;The teacher may input the nutrient fact sheet into a text to speech software <strong>Refer to Teacher Resources</strong></td>
<td>Students may read and summarize in their native language before translating the information into English&lt;br&gt;Students may work with a partner “expert”&lt;br&gt;Students may create a list rather than complete sentences</td>
</tr>
</tbody>
</table>

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### Extensions for depth and complexity:

<table>
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<tr>
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<tbody>
<tr>
<td><strong>Refer to Teacher Resources</strong>&lt;br&gt;<strong>Refer to Teacher Resources</strong></td>
<td></td>
</tr>
</tbody>
</table>
The teacher may provide resources - e.g. [http://www.dpcdsb.org/NR/rdonlyres/32BD7A65-967E-497C-A77C-65708FB65BF5/116055/1_nutrient_note.pdf](http://www.dpcdsb.org/NR/rdonlyres/32BD7A65-967E-497C-A77C-65708FB65BF5/116055/1_nutrient_note.pdf) (6 essential nutrients) or [http://www.choosemyplate.gov/food-groups/](http://www.choosemyplate.gov/food-groups/) (Food groups)

**Critical Content:**
- The effects and importance of nutrients on the body.
- Federal nutrition guidelines, as well as other current research-based nutritional information

**Key Skills:**
- Evaluate (compare and contrast) different nutritional guidelines

**Critical Language:**
- Analyze, Nutrients, Fat, Carbohydrates, Protein, Minerals, Vitamins, Water

### Learning Experience # 4

**The teacher may introduce dietary guidelines (e.g. choosemyplate.gov) so students can analyze their current diet and explore elements of a healthy eating plan.**

**Generalization Connection(s):**
Valid and reliable nutritional resources can facilitate positive decision-making with regards to maintaining a healthy diet

**Teacher Resources:**
- [https://www.myfitnesspal.com/](https://www.myfitnesspal.com/) (Food log app)
- [http://www.choosemyplate.gov/](http://www.choosemyplate.gov/) (Food tracker)
- [http://www.educationoasis.com/curriculum/graphic_organizers.htm](http://www.educationoasis.com/curriculum/graphic_organizers.htm) (Graphic Organizers)

**Student Resources:**
- [https://www.myfitnesspal.com/](https://www.myfitnesspal.com/) (Food tracker)
- [http://www.choosemyplate.gov/](http://www.choosemyplate.gov/) (Food tracker)

**Assessment:**
After recording dietary intake for one day, students will enter their food log into a dietary tracker (e.g. myfitness pal, choosemyplate.gov), identify weak areas and suggest possible improvements they could make to their diet.

**Differentiation:**
- **Access** (Resources and/or Process)
- **Expression** (Products and/or Performance)
The teacher may guide students through the website to be able to access and enter their food log. The teacher may give alternative options to online dietary trackers (e.g. healthy eating charts, serving size cards) **Refer to Teacher Resources**. The teacher may provide graphic organizers (possibly in native language) **Refer to Teacher Resources**.

**Extensions for depth and complexity:**

<table>
<thead>
<tr>
<th><strong>Access</strong> (Resources and/or Process)</th>
<th><strong>Expression</strong> (Products and/or Performance)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Teacher may provide resources – e.g. <a href="https://www.myfitnesspal.com/">https://www.myfitnesspal.com/</a> (Food tracker) or <a href="http://www.choosemyplate.gov/">http://www.choosemyplate.gov/</a> (Food tracker)</td>
<td>Students may analyze the different trackers to determine which one may fit them and their needs best. Students may make the necessary changes in the food log to change any weaknesses, then re-enter into a dietary tracker and analyze if the changes were effective.</td>
</tr>
</tbody>
</table>

**Critical Content:**

- Federal nutrition guidelines, as well as other current research-based nutritional information

**Key Skills:**

- Evaluate (compare and contrast) different nutritional guidelines
- Establish a healthy eating plan

**Critical Language:**


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### Learning Experience # 5

The teacher may continue to review dietary guidelines (e.g. choosemyplate.gov) so students can assess how BMI, calories, and empty calories factor into weight management.

**Generalization Connection(s):**

Valid and reliable nutritional resources can facilitate positive decision-making with regards to maintaining a healthy diet

**Teacher Resources:**

- [http://www.choosemyplate.gov/](http://www.choosemyplate.gov/) (BMI, examples of calories vs. empty calories)
- [https://www.myfitnesspal.com/](https://www.myfitnesspal.com/)
- [http://www.choosemyplate.gov/supertracker-tools/daily-food-plans.html](http://www.choosemyplate.gov/supertracker-tools/daily-food-plans.html) (Meal plan worksheet)

**Student Resources:**

- [http://www.choosemyplate.gov/](http://www.choosemyplate.gov/) (BMI, examples of calories vs. empty calories)
- [https://www.myfitnesspal.com/](https://www.myfitnesspal.com/)
- [http://www.choosemyplate.gov/supertracker-tools/daily-food-plans.html](http://www.choosemyplate.gov/supertracker-tools/daily-food-plans.html) (Meal plan worksheet)

**Assessment:**

Students will use a meal plan worksheet to develop a one day personal meal plan which takes into account calorie expenditure, activity level, empty calories as well as healthy food choices.

**Differentiation:**

- **Access** (Resources and/or Process)  
- **Expression** (Products and/or Performance)
### Critical Content:
- The effects of Basal Metabolic Rate (BMR) and Body Mass Index (BMI) on weight management

### Key Skills:
- Calculate Basal Metabolic Rate (BMR) and Body Mass Index (BMI) and correlate it to weight management
- Establish a healthy eating plan

### Critical Language:
- Metabolic, Metabolism, Body Mass Index, Basal Metabolic Rate, Caloric Expenditure, Empty Calories

### Learning Experience #6

The teacher may pose the question “How do food choices directly relate to weight management, illness, and overall health?” so students can examine the impact of their nutritional decisions.

| Generalization Connection(s): | Personal food choices, economics and behaviors all influence weight management, disease prevention, and overall health |
| Assessment: | Students will use a food plan worksheet to analyze their own food plan and determine how the plan enhances or detracts from illness, weight management and overall health. |

| Differentiation: |
| (Multiple means for students to access content and multiple modes for student to express understanding.) |
| Access (Resources and/or Process) | The teacher may provide a specific list of illnesses, weight management and overall health issues for the students to address |
| Expression (Products and/or Performance) | Students may choose one specific illness/weight management issue to focus on |
| The teacher may create a multiple choice or matching worksheet for linking negative and/or positive health consequences to student’s food plan | Student may create a simple Pros/Cons list about their food choices |
| Students may work in small group and discuss the worksheet while one student records the notes |

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

### Critical Content:
- The impact family, peers, media, culture, and technology have on eating behaviors and choices
- Consequences of eating/fitness behavior and illness

### Key Skills:
- Establish a healthy eating plan
- Investigate illnesses related to eating behaviors

### Critical Language:
- Type - 1 and 2 Diabetes, Hypertension, Heart Disease, Cancer, Osteoporosis, High Density Lipoprotein, Low Density Lipoprotein, Cholesterol, Unsaturated and Saturated Fats, enhance, detract

### Learning Experience # 7

The teacher may provide a guest speaker (nurse, health care professional, etc.) to discuss the impact of unrealistic body images and eating disorders so that students can connect the effect these disorders have on a person’s physical, mental and social health.

### Generalization Connection(s):
The quality of mental health can impact an individual’s physical development, decision-making processes, body image perceptions, interpersonal relationships and personal wellbeing

### Teacher Resources:
- [http://girlshealth.gov/](http://girlshealth.gov/) (nutrition, body image information)

### Student Resources:
- [http://girlshealth.gov/](http://girlshealth.gov/) (nutrition, body image information)

### Assessment:
Students will post reflections for the following questions on the wall and complete a carousel walk around the room
- How does disordered eating impact one’s social health?
- How does disordered eating impact one’s physical health?
- How does disordered eating impact one’s mental health?

### Differentiation:
- **Access** (Resources and/or Process)
- **Expression** (Products and/or Performance)
The teacher may provide examples of how disorder eating impacts social, physical and mental health. Students may focus on creating examples on how eating disorders impacts only one (social, physical or mental health).

<table>
<thead>
<tr>
<th>Extensions for depth and complexity:</th>
<th>Access (Resources and/or Process)</th>
<th>Expression (Products and/or Performance)</th>
</tr>
</thead>
<tbody>
<tr>
<td>The teacher may provide resources to the students – e.g. [<a href="http://www.nationaleatingdisorders.org/">http://www.nationaleatingdisorders.org/</a>] (eating disorder information) or [<a href="http://www.readwritethink.org/professional-developmentstrategy-guidesbrainstorming-reviewing-using-carousel-30630.html">http://www.readwritethink.org/professional-developmentstrategy-guidesbrainstorming-reviewing-using-carousel-30630.html</a>] (How to do a carousel walk around) or [<a href="http://girlshealth.gov/">http://girlshealth.gov/</a>] (nutrition, body image information)</td>
<td>Students may work individually and analyze how a specific eating disorder impacts a person’s social, physical, and mental health. Students may compare and contrast the different eating disorders and how their impact on the individuals social, physical, and mental health.</td>
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</table>

<table>
<thead>
<tr>
<th>Critical Content:</th>
<th>• Consequences of eating/fitness behavior and illness</th>
</tr>
</thead>
<tbody>
<tr>
<td>Key Skills:</td>
<td>• Investigate illnesses related to eating behaviors</td>
</tr>
</tbody>
</table>

| Critical Language: | Anorexia Nervosa, Bulimia, Binge Eating Disorder, Mental Health, Physical Health, Social Health |

<table>
<thead>
<tr>
<th>Learning Experience # 8</th>
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<tbody>
<tr>
<td>The teacher may provide examples of web-based grocery stores (e.g.: walmart.com, sprouts.com, wholefoods.com) so students can investigate food availability and costs.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Generalization Connection(s):</th>
<th>Personal food choices, economics and behaviors all influence weight management, disease prevention, and overall health</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Teacher Resources:</th>
<th>[<a href="http://www.priceisright.com/games/">http://www.priceisright.com/games/</a>] (High-Low game rules)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>[<a href="http://www.walmart.com">www.walmart.com</a>] (food prices)</td>
</tr>
<tr>
<td></td>
<td>[<a href="http://www.sprouts.com">www.sprouts.com</a>] (food prices)</td>
</tr>
<tr>
<td></td>
<td><a href="https://www.youtube.com/watch?v=LcYVnr4IC2I">https://www.youtube.com/watch?v=LcYVnr4IC2I</a> (Clip from Price is Right Hi/Lo game)</td>
</tr>
</tbody>
</table>

|--------------------|-----------------------------------------------------------------|

| Assessment: | Students will play a game (e.g. The Price is Right Hi/Lo game) to determine the value of various food items. |

<p>| Differentiation: | Access (Resources and/or Process) | Expression (Products and/or Performance) |</p>
<table>
<thead>
<tr>
<th>Extensions for depth and complexity:</th>
<th>Colorado Teacher-Authorized Sample Instructional Unit</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>(Multiple means for students to access content and multiple modes for student to express understanding.)</td>
<td>The teacher may provide a written explanation the rules and the purpose of the game. The teacher may show a clip from the actual Price is Right show to demonstrate how the game is played.</td>
<td>Students may play the game with a partner.</td>
</tr>
<tr>
<td><strong>Access (Resources and/or Process)</strong></td>
<td><strong>Expression (Products and/or Performance)</strong></td>
<td></td>
</tr>
<tr>
<td>N/A</td>
<td>Students may create their own version of a Hi/Lo game.</td>
<td></td>
</tr>
</tbody>
</table>

**Critical Content:**
- The impact family, peers, media, culture, and technology have on eating behaviors and choices.

**Key Skills:**
- Establish a healthy eating plan.
- Express the relationship between media and consumer products.

**Critical Language:**
- Analyze, Influence, Media, Perceptions, Trends, Cost, Nutrients, Economics.
<table>
<thead>
<tr>
<th>Learning Experience # 9</th>
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</thead>
<tbody>
<tr>
<td>The teacher may provide various food labels so students can apply decision-making skills to differentiate the healthier food option based on the nutrients.</td>
</tr>
</tbody>
</table>

| Generalization Connection(s): | Valid and reliable nutritional resources can facilitate positive decision-making with regards to maintaining a healthy diet |
| Teacher Resources: | [http://extension.missouri.edu/fnep/JIFF/7samplelabels.pdf](http://extension.missouri.edu/fnep/JIFF/7samplelabels.pdf) (examples of food labels)  
[http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm274593.htm](http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm274593.htm) (How to read a food label)  
[http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyEating/Understanding-Food-Nutrition-Lables_UCM_300132_Article.jsp#mainContent](http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyEating/Understanding-Food-Nutrition-Lables_UCM_300132_Article.jsp#mainContent) (How to understand a food label)  
| Student Resources: | [http://extension.missouri.edu/fnep/JIFF/7samplelabels.pdf](http://extension.missouri.edu/fnep/JIFF/7samplelabels.pdf) (examples of food labels)  
[http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm274593.htm](http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm274593.htm) (How to read a food label)  
| Assessment: | Students will compare and contrast two food labels, to decide which the healthier option is, and explain why. |
| Differentiation: | **Access** (Resources and/or Process)  
The teacher may provide a graphic organizer for students  
The teacher may specify what “healthier option” is by narrowing down what students need to look for (less sugar, move vitamins, etc)  
**Expression** (Products and/or Performance)  
Students work with a partner  
Students may focus on only a few of the most important aspects of the food label to determine “healthier option” |
| Extensions for depth and complexity: | **Access** (Resources and/or Process)  
**Expression** (Products and/or Performance)  
Students may generate their own graphic organizer as well as go into more in depth for specific categories (e.g., Proteins, Saturated Fats)  
Students may explain the healthier option using an extended response |
| Critical Content: | • Federal nutrition guidelines, as well as other current research-based nutritional information |
| Key Skills: | • Evaluate (compare and contrast) different nutritional guidelines |
| Critical Language: | Analyze, Food Labels, Serving Size, Cholesterol, Trans-fat, Saturated Fat, Unsaturated Fats, % Daily Value, Decision Making, Validity, Reliability |
Colorado Teacher-Authored Sample Instructional Unit

**Learning Experience # 10**

The teacher may identify sections of a restaurant menu so students can begin to critique necessary elements for healthy meal options.

**Generalization Connection(s):**

Personal beliefs, media, family, and peers often shape a person’s nutritional choices that can result in a variety of health consequences.

**Teacher Resources:**

- [http://familyconsumersciences.com/2012/11/designing-your-own-restaurant-project/](http://familyconsumersciences.com/2012/11/designing-your-own-restaurant-project/) (How to design own restaurant and menu)
- [http://choosemyplate.gov/supertracker-tools/calories-mixed-dishes.html](http://choosemyplate.gov/supertracker-tools/calories-mixed-dishes.html) (Calories in different mixed dishes)

**Student Resources:**

- [http://www.wikihow.com/Make-a-Restaurant-Menu](http://www.wikihow.com/Make-a-Restaurant-Menu)

**Assessment:**

In assessment groups, each student will create one appetizer, main course or dessert item to be included in the final menu.

**Differentiation:**

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

**Extensions for depth and complexity:**

**Access (Resources and/or Process)**

The teacher may provide examples of what the final product must look like.

**Expression (Products and/or Performance)**

Students may work with a partner to create one menu item for one of the categories.

**Access (Resources and/or Process)**


**Expression (Products and/or Performance)**

Students may add in the calorie intake for each item they create (e.g. appetizer of hummus with pita bread=120 calories). Students may design a menu with extended items for each course and present the menu to the class.

**Critical Content:**

- The impact family, peers, media, culture, and technology have on eating behaviors and choices

**Key Skills:**

- Establish a healthy eating plan
- Express the relationship between media and consumer products

**Critical Language:**

Influence, Decision Making, Media, Gluten-Free, Vegan