## **Instructional Unit Title: Making Healthy Choices**

The teacher may introduce the benefits of healthy habits so students can begin making connections between healthy choices and feeling better. (e.g. more energy, sleep better, more focus, feel better, look better, stronger bones, stronger muscles, better grades, stronger heart)



The teacher may introduce healthy food choices so students can begin to understand the types of food necessary for a balanced diet.



The teacher may describe the role water plays as an essential nutrient so students can understand how water affects different physical functions (e.g. improves digestion, thinking, memory, etc.)



The teacher may introduce brain-based exercises so students can begin to discover practices that help make a healthy brain.



The teacher may examine healthy sleep habits so students can begin to make connections between sleep habits and daily health effects.



The teacher may introduce fuel requirements (i.e. food intake) during activity and inactivity so students can distinguish different kinds of fuel required for various activity levels.



The teacher may review healthy habit concepts so students can assess the inventory of healthy habits incorporated into their life.



PERFORMANCE ASSESSMENT: As a student athletic coach, you have been asked to select actions and activities to prepare a healthy athlete for a competition. You will participate in activities to analyze the value of nutrition, sleep, water and exercise choices for athletes. You will present your chosen activity to a panel of peer/health advocates and defend your choices in a gallery walk.

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 <a href="http://www.cde.state.co.us/standardsandinstruction/instructionalunitsamples.">http://www.cde.state.co.us/standardsandinstruction/instructionalunitsamples.</a>