

Unit 2: Nutrition

Unit #:	APSDO-00026701	Duration:	3.0 Lesson(s)	Date(s)	
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Team:
 Jodi Kryzanski (Author), James Pappa, Katie Schmutz, Timothy Feshler, Lisa Abate, Jeffrey Redman, Ann Perrault, Holly Rzonca, Cheryl Edwards, Donald Bartomioli, Molly DeSantis, Mellanee Harmon

Grade(s)
 K, 1

Subject(s)
 Wellness

Unit Focus

In this unit, students will begin to learn how to make healthy food choices to eat a well balanced diet through literacy based group discussions and activities.

Stage 1: Desired Results - Key Understandings

Standard(s)	Transfer	
<p>Connecticut Goals and Standards <i>Health Education: 1</i></p> <ul style="list-style-type: none"> Demonstrate the ability to apply a decision-making process to enhance health <i>E.6.2</i> Describe factors that may influence the selection of health information, products and services <i>E.2.3</i> Describe relationships between personal health behaviors and individual well-being <i>E.1.1</i> Examine how physical, social and emotional environments influence personal health <i>E.1.5</i> 	<p>T1 (T1) Develop skills, knowledge and concepts needed to make appropriate decisions to create a healthy and balanced lifestyle.</p> <p>T2 (T2) Communicate effectively based on purpose, task and audience using appropriate vocabulary and body language.</p>	
	Meaning	
	Understanding(s)	Essential Question(s)
	<p>U1 (U150) The routines you follow have predictable impact on your overall health.</p> <p>U2 (U151) The way you treat your body (e.g., exercise, sleep, injury and disease prevention, nutrition) affects the body`s ability to appropriately respond.</p>	<p>Q1 (Q150) What choices do I make when I am in charge of myself?</p> <p>Q2 (Q152) How does what I put in my body affect the way it works?</p>
	Acquisition of Knowledge and Skill	

	Knowledge	Skill(s)
		<p>S1 Identify food groups</p> <p>S2 Differentiate food sources</p> <p>S3 Make healthy food selections</p> <p>S4 Build a healthy meal</p>