

Health Education Today – Unit Outline



Here are a few of the detailed activities included:

Day 1: INTRODUCTION TO UNIT AND ★NEW!!★ HARVARD HEALTHY EATING PLATE:

1. Diet advertising in our global market
2. How to discern ourths and untruths in diet ads!!
3. "How Healthy Are You Eating" survey
4. 5 reasons so many people are overweight
5. Portion sizes compared to 1950's!!
6. Harvard Healthy Eating Plate

Day 2 + 3: HOW NUTRITION AFFECTS THE BODY CLASS ART PROJECT:

1. This activity will bring life-sized examples of nutritional consequences right into your classroom!! Students will be able to see tips and benefits, and some of the negative impacts of how nutrition impacts our bodies!! It adds a meaningful purpose to the Nutrition Unit, and will empower your teens!!
2. Each student will be assigned a body part (life size template included!!)
3. Students will use the worksheet with links provided to research the way an issue impacts their body part.
4. Class will end up with one "Positive" and one "Negative" body example of how nutrition impacts our bodies!!
5. "Drinking Water Extra Credit" program!!

"How Nutrition Affects the Body" Class Art Project!! Students use provided links to articles on all these topics to complete two class bodies:

1. Brain Health/Mental Health
2. Teeth/Skin/Eyesight
3. Healthy Hair
4. Cancer
5. Heart Health
6. Healthy Hair
7. Belly Fat
8. Digestion
9. Immune System
10. Diabetes
11. Mood/Self-Esteem
12. Aging
13. Sleep
14. Skin
15. Weight and Growth
16. Building Muscle
17. Energy
18. Endurance
19. Body Image
20. Joint Pain

Day 4: CALORIE AWARENESS:

1. Understanding how calories on a food label relate to suggested daily total

2. ♦**Formula**- Calories needed per day chart (according to age, gender, and activity level)
From U.S.D.A. guidelines

3. "Calorie Awareness Worksheet" Help a boys named Marcus eat healthier!!

4. **Students will start to use the "Harvard Healthy Plate Worksheet" to record their own personal formula totals!!**

5. MYPLATE OPTIONAL: Because I'm now using the "Harvard Healthy Eating Plate," I have the MyPlate activities as optional, but they include worksheets, activities, personalized plate, and quiz!! *(See Preview for more)*

Day 5: UNDERSTANDING FAT AND FAST FOOD RESTAURANTS

1. -Healthy fats -vs- unhealthy fats. (Trans and Saturated Fats)

2. ♦**Formula**- How many fat grams should I eat per day?

3. -Fast food restaurants: Analyzing calories and fat.

4. Are there any healthy choices for me at fast food restaurants?

5. Start the "Fast Food Restaurant Posters"

Day 6: CARBOHYDRATES AND SUGAR

1. **All about fat and sugar!!**

2. ♦**Formula**- How many carbohydrates do I need per day?

3. ♦**Formula**- What should our grams limit on sugar be per day?

4. ♦**Formula**- What should our calorie limit on sugar be per day?

5. Analyzing food labels to know if a product is "healthy"

6. Fun "Fat and Sugar Experiment Lesson": Measure Crisco and sugar into baggies!!

7. Reflection to personalize

8. "Fat and Sugar Homework"

Day 7: CHOLESTEROL and MORE ON CARBOHYDRATES

1. Carbohydrates: the healthy (whole grains) and the unhealthy (sugar and white flour)
2. Understanding Diabetes
3. What is cholesterol?
4. ♦**Formula**- How much cholesterol do I need?

Day 8: MEDIA LITERACY READING FOOD LABELS

1. Media literacy and grocery store manipulation
2. "Food Label Reading Worksheet" and activity
3. "Interactive Food Label Activity"
4. Food label reading video

Day 9: FOOD LABEL SCAVENGER HUNTS

1. - "Food Label Scavenger Hunt" (*NEW!!!! Now on Google Drive to save paper!!*)
2. - "Food Label Scramble"
3. - Both of these activities have students walking around the room reading food labels

Day 10: IRON, PROTEIN, SODIUM, FOOD RECORDS, CALCIUM

1. ♦**Formula**- Protein: How much do I need?
2. What does protein do for the body?
3. Should I take a protein supplement?
4. "Building Muscle Brochure"

5. ♦**Formula**- Iron, sodium, and sodium: Their importance and how much do I need of each?

6. The importance of calcium for teens

7. ♦**Formula**- "'How Much Calcium do I Need Daily?' Worksheet"

Day 11: DANGER OF ENERGY DRINKS

1. "The Dangers of Energy Drinks" Activity

2. "Athletes and Energy Drinks" article

3. Energy drink dangers videos

Day 12: CANCER, FAMILY MEDICAL HISTORY, EXERCISE

1. Understanding Cancer

2. Cancer warning signs"

3. "Dear 16-Year Old Me" Video

4. "Family Medical History Homework"

5. Why is exercise important?

6. Exercise video and review sheet

7. How many calories does different exercises burn?

8. OurFitnessPal

9. FITT Plans

10. Longevity and goal setting

Day 13: EATING HEALTHY FOR LIFE!!

1. "Eating Healthy for Life Survey" and goal-setting

2. Habits, the brain, and eating

3. Fun Doodle Notes Goal Setting Activity!! (*Templates provided!!*)

Day 14: UNHEALTHY EATING AND EATING DISORDERS

1. Understanding eating disorders
2. "Eating Disorders Self-Survey"
3. "Emotions and Eating Survey"
4. Understanding the symptoms of anorexia and bulimia.
5. Eating disorders videos choices

Day 15: IMPROVING BODY IMAGE

1. The importance of positive body image
2. Analyzing media's false messages
3. Improving body image videos
4. "Body Image Brochure"
5. "Real Models Without Their Make-Up Presentation!!"
6. "Love What's Good, Change What You Could" Activity
7. Cube art project

Day 16 + 17: ANALYZING FAD DIETS, NUTRITION GAME REVIEW

1. Amazing "Is This Diet Healthy?" activity. Students learn 10 questions to ask to see if a diet is healthy or not. For the rest of their lives your students will have the skills to determine if a diet is healthy!!
2. "Is This Diet Healthy?" Lesson with PowerPoint and student share out
3. Top Healthiest Diets Website

4. Why many Diets DON'T work
5. Why a diet needs to be a "diet for life"
6. Unhealthy habits and how to successfully lose or gain weight.

DAY 18: PERSONAL HEALTH HABITS

1. "Where is Your Health?" personal food habits survey with 60 questions!!
2. Acronym art activity
3. Personal Health Assessment

Day 19: NUTRITION UNIT ASSESSMENT GAME REVIEW

1. Unit Assessment Review Handout
2. Fun "Nutrition Unit Assessment Board Game"
3. Optional: I couldn't resist!! I also included a fun "Nutrition Card Game" to help review for the test as well!!

Day 20: NUTRITION TEST

1. Nutrition Unit Assessment
2. Optional videos

OPTIONAL DAY: G.M.O.S-GENETICALLY MODIFIED ORGANISMS

1. G.M.O.s group research
2. G.M.O. videos
3. Quiz and correct
4. Group debates!!