

Name _____

Period _____

Nutrition/Fitness Unit

Nutrition and Fitness - Students will demonstrate the ability to use nutrition and fitness knowledge, skills, and strategies to promote a healthy lifestyle.

Unit Topics

1. Food and Health
 - a. Maintaining a healthy weight
 - b. Influences on eating and activity
 - c. Eating and activity behaviors that need improvement
 - d. Nutrients
2. Body Image



Schedule:

#	Date	Lesson Topic	Graded work Given	Collected for Grade
1	3/7	Nutrition/Fitness Introduction	#5	
2	8	MyPyramid Tracker	#6	
3	9	MyPyramid Plan		
4	10	Calorie Salary		
5	11	Nutrition Comparison Shopping	#1	#1
6	3/14	Body Image & Eating Disorders		
7	15	BMI & Target Heart Rate Zone		
8	16	Physical Activity & You (Guest)		
9	17	Fitness Test (Outside)	#2	
10	18	Physical Activity (Outside)	#3	
11	3/21	Nutrition & P. A. Guide Project	#4	#2
12	22	Complete Project		
13	23	Vote on Project		#4
14	24	Unit Review	#8	#8
15	25	Unit Test	#7	#5, #6, #7

Grades:

#	Description	Due Date	Point Value	Points Earned
1	Comparison Shopping	3/11	40	
2	Fitness Test	3/21	20	
3	Physical Activity (Trek) Log	4/19	+5	
4	Team Project -	3/23	30	
5	Cover Sheet	3/25	20	
6	Journal	3/25	30	
7	Unit Test	3/25	80	
8	Self Evaluation	3/24	60	
9				

Journal Prompts (2):

1. **Nutrition Goal** – Write a specific, measurable goal to improve your nutrition after completing the *MyTracker* program from www.mypyramid.gov on your 24-hour recall. Use information from your *MyPlan* research to provide variety in your nutritional choices. Create a chart for at least five days to track the choices for your goal. Describe the strategies you used to reach your goal along with any barriers. Summarize your results.

2. **Physical Activity Goal** – After completing the Fitness Test activities, write a specific, measurable goal to improve one component of your fitness. Use the *Trek Log* to track your physical activity for at least five days. Try a variety of activities from the *Conversion Sheet* that help you reach your goal, discuss any barriers, and summarize your results.

Journal Grade:

Category	Neatness	Entries	Thoroughness	Quality	Vocabulary	Total
Point Value	5	5	10	5	5	30
Points Earned						

Goal (Academic or Behavioral):

Write Your Measurable Goal (Step 1):

Evaluate Your Progress: If you met your goal, describe the contributing factors in steps 2 – 6. If you did not meet your goal, describe the barriers you experienced in steps 2 – 6.

Cover Sheet Complete:

Category	Schedule	Grades	Goal	Journal	TOTAL
Point Value	5	5	5	5	20
Points Earned					

Vocabulary (11 +):

Calories	Body Mass Index	Target Heart Rate Zone
Discretionary Calories	Obesity	F.I.T.T.
Nutrients +	Diseases +	Fitness Components +
Eating Disorders +		
Body Image		