

**Brunswick School Department
Grade 10
Nutrition**

Essential Understandings	<ul style="list-style-type: none"> ▪ Nutritional education encompasses a wide variety of issues surrounding food. ▪ Many factors influence the foods we choose to consume. ▪ Maintaining a desirable body weight and eating healthfully can enhance the quality of life and prevent the development of disease. ▪ The ability to decipher and understand nutritional information is vital to planning a healthy diet. ▪ An eating disorder is a mental disorder which causes a person to feel a compelling need to starve, to binge, or to binge and purge. ▪ Food safety practices can prevent food-borne illnesses.
Essential Questions	<ul style="list-style-type: none"> ▪ What does the term nutrition encompass? ▪ What factors influence the foods we choose to consume? ▪ What skills are needed to plan a healthful diet, maintain a desirable body composition and reduce the risk of diseases? ▪ What information can be found on food labels and why is it important to understand that information? ▪ What are eating disorders, what influences them and how do they affect an individual? ▪ What are food born illnesses and how can they be prevented?
Essential Knowledge	<ul style="list-style-type: none"> ▪ Nutrition is the area of health that focuses on selecting foods that contain nutrients, following the Food Guide Pyramid and Dietary Guidelines, planning a healthful diet that reduces the risk of disease, evaluating food labels, maintaining a desirable weight and body composition, and developing skills that prevent eating disorders. ▪ Ethnicity, culture, religion, income, availability of foods, media, and people are all factors that influence our food choices. ▪ The risk of developing cardiovascular diseases, diabetes, hypoglycemia, osteoporosis and some types of cancer can be reduced by healthful diet. ▪ The U.S. FDA requires food labels to include the name of the food, net amount in weight or volume, ingredients, nutrition content and the name and address of the manufacturer, distributor, or packager. ▪ Eating disorders cause harmful effects on the body and are influenced by many factors. ▪ Individuals have a responsibility to practice food safety procedures while storing and preparing foods in the home, and being aware of food safety issues while eating out and purchasing food.

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Vocabulary	<ul style="list-style-type: none"> ▪ <u>Terms:</u> <ul style="list-style-type: none"> ○ Nutrition, diet, nutrients, calories, proteins, carbohydrates, lipids, vitamins, minerals, water, Dietary Guidelines, Food Guide Pyramid, food labels, desirable weight, weight management, body composition, caloric intake, fad diets, eating disorders, anorexia, bulimia, compulsive overeating, food-borne illness, food safety, Body Mass Index
Essential Skills	<ul style="list-style-type: none"> ▪ Explain how the Dietary Guidelines and the Food Guide Pyramid enhance nutritional health. ▪ Analyze nutritional information on food labels. ▪ Explain how good nutrition and regular physical activity contribute to health. ▪ Identify external and internal influences on the way one eats. ▪ Demonstrate understanding of body composition and weight management techniques. ▪ Identify possible eating disorder prevention techniques.
Related Maine Learning Results	<p>Health</p> <p>A. Health Concepts</p> <p>A1. Healthy Behaviors and Personal Health Students predict how behaviors can impact health status.</p> <p style="padding-left: 20px;">a. Analyze individual responsibility for enhancing health.</p> <p>A4. Environment and Personal Health Students determine the interrelationship between environment and other factors in personal health.</p> <p style="padding-left: 20px;">b. Describe how genetics and family history can impact personal health.</p> <p>B. Health Information, Products and Services</p> <p>B1. Validity of Resources Students evaluate the validity and accessibility of health information, products, and services.</p> <p>D. Influences on Health</p> <p>D1. Influences on Health Practices/Behaviors Students analyze and evaluate influences on health and health behaviors.</p> <p style="padding-left: 20px;">a. Analyze how family, school and community influence the health of individuals.</p> <p style="padding-left: 20px;">b. Analyze how peers influence healthy and unhealthy behaviors.</p> <p style="padding-left: 20px;">c. Evaluate the effect of the media on personal and family health.</p> <p style="padding-left: 20px;">e. Analyze how culture and personal values and beliefs influence individual health behaviors.</p> <p>D2. Technology and Health Students evaluate the impact of technology, including medical technology, on personal, family, and community health.</p>

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Sample Lessons And Activities	<ul style="list-style-type: none">▪ In groups, develop an advertisement for an assigned food group. Include information from the dietary guidelines and food guide pyramid.
Sample Classroom Assessment Methods	<ul style="list-style-type: none">▪ Write a newspaper story about either dietary guidelines or the food guide pyramid. Explain what the document is, why it is a valid source for nutrition information, and how it helps people make healthful decisions about nutrition.
Sample Resources	<ul style="list-style-type: none">▪ <u>Publications:</u><ul style="list-style-type: none">○ “Outrageous Teaching Techniques in Health Education” – Deborah Tackmann▪ <u>Videos:</u><ul style="list-style-type: none">○ <u>Super Size Me</u>
Technology Link	<ul style="list-style-type: none">▪ http://www.health.com