

7th Grade Health Education - Nutrition

Illinois State Standards

23 Understand human body systems and factors that influence growth and development

Performance Descriptors

23B.F2 Predict what will happen if someone eats too many high calorie foods

23B.F3 List choices that have a positive influence on health

23B.F4 List choices that have a negative influence on health

23C.F3 Explain the effects of diet and exercise on body weight and composition

23C.F4 Identify portion size and number of servings suggested to fulfill basic nutritional needs

23C.G4 Recognize the relationships between diet (excesses and deficiencies) and the body's systems

23C.H7 Use knowledgeable consumer skills to purchase healthy foods

Transfer goals: Students will be able to independently use their learning to...

Self-assess their daily eating habits to increase longevity and quality of life.

Knowledge: Students will know...

The difference between positive and negative nutritional choices.

Healthy portion sizes and how excess calories will affect body weight.

Recommended daily value percentages/guidelines for fat, cholesterol, dietary fiber, vitamins, minerals and sodium.

What the 6 essential nutrients are.

Components of a food label.

Skill: Students will be able to...

Read a nutrition label and determine the healthier option.

Calculate total calories/fat/sugar for a variety of products.

Recognize the impact of diets on health.

Identify from a variety of food choices which is the healthiest.

Use the DECIDE model to make healthy nutritional choices.

Understandings: Students will understand that...

The impact food choices will have on their personal health.

What they consume affects their personal health.

They need to consume a variety of different foods to meet nutritional requirements.

Essential questions: Students will keep considering...

How can I improve my eating habits?

How do my eating habits affect my personal health?

Why is it important to eat healthy?

Performance Task:

Students will compare two different food labels and identify which is the healthiest option and provide evidence with detailed explanation to support their claim.