

Grade 7

Distance Learning Module 3: Week of: April 13-17

Grade 7 Health: Nutrients and Healthy Eating

Targeted Goals from Stage 1: Desired Results

Content Knowledge: People eat for a lot of reasons such as hunger, boredom, socializing, celebrations, customs, and of course, taste. Ultimately, we need to eat to survive, and what we eat matters. Getting the 6 essential nutrients in their best form is what we want to strive for.

Vocabulary: Digestion, nutrients, essential, water, simple carbohydrates, complex carbohydrates, saturated fat, unsaturated fat, protein, vitamins, minerals, salt, sugar

Skills: Recognize the functions of digestion and how the nutrients in food get absorbed into the body, identify the 6 major nutrients and their food sources, identify personal food favorites, recognize how too much salt, sugar, and fat can be unhealthy, identify healthy food choices.

Expectation:

Description of Task (s):	Resources and Materials:	Daily Checks (Return to Google Classroom or snapshots from a cell phone)
Monday: Watch the BrainPop on digestion to understand how food becomes fuel for our bodies. View the Google slides on 6 nutrients Create your food collage using Google Drawing	BrainPop on Digestion 6 Major Nutrient Slides Make a collage of your 5 favorite foods on Google drawing	<ul style="list-style-type: none">● I will see your Google drawing collage
Tuesday:		
Wednesday: Watch the two video clips and respond to the question in Classroom	Salt, Sugar, Fat Video Clip In Defense of Food Video Clip	<ul style="list-style-type: none">● I will read your response to the question

Description of Task (s):	Resources and Materials:	Daily Checks (Return to Google Classroom or snapshots from a cell phone)
Thursday:		
Friday: Watch the video on carbohydrates, then watch the BrainPop video and take the quiz if you want to, respond to the question in Classroom	Video on carbohydrates BrainPop on carbohydrates	<ul style="list-style-type: none"> ● I will read your response to the question

Week criteria for success: Watch the video clips, View the Google slides, Make Google Drawing collage, respond in Classroom to the questions,

Supportive resources and tutorials for the week: re-watch videos as needed, email me any time, I am available 9-2 for any questions or comments