

## Grade 7

Distance Learning Module 4: Week of: April 20<sup>th</sup> – April 24th

### Grade 7 Health: *Nutrition 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, fat soluble, water soluble, 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: <ul style="list-style-type: none"><li>• Watch the BrainPop on Water and take the quiz if you want to</li><li>• Watch the Water video</li><li>• Respond to the questions in Classroom</li></ul>	<ul style="list-style-type: none"><li>• BrainPop Water</li><li>• Water Video</li><li>• Question in Classroom</li></ul>	<ul style="list-style-type: none"><li>• I will read your response to the question in Classroom</li></ul>
Tuesday:		
Wednesday: <ul style="list-style-type: none"><li>• Watch the BrainPop video on Fat and take the quiz if you want to</li><li>• Watch the TedTalk video on Vitamins</li><li>• Respond to the question in Classroom</li></ul>	<ul style="list-style-type: none"><li>• BrainPop Fat Video</li><li>• Vitamin Video</li></ul>	<ul style="list-style-type: none"><li>• I will read your response to the question in Classroom</li></ul>
Thursday:		

Description of Task (s):	Resources and Materials:	Daily Checks (Return to Google Classroom or snapshots from a cell phone)
Friday: <ul style="list-style-type: none"> <li>● Watch both Sugar videos</li> <li>● Read the label handout and respond on your own</li> <li>● Watch the Label video</li> <li>● Answer the questions in Classroom</li> </ul>	<ul style="list-style-type: none"> <li>● Sugar Video</li> <li>● Sugar is Hiding in Plain Sight Video</li> <li>● Label Handout</li> <li>● Nutrition Facts Label video</li> </ul>	I will read your answers to the questions in EdPuzzle and Classroom

**Week criteria for success:** Watch the videos, read the handouts, and respond to the questions in EdPuzzle and Google Classroom

**Supportive resources and tutorials for the week:** Students can watch videos multiple times. I am available 9-2 for any student questions or concerns.