

# Unit 2: Nutrition

<b>Unit #:</b>	APSDO-00026701	<b>Duration:</b>	3.0 Lesson(s)	<b>Date(s)</b>	
----------------	----------------	------------------	---------------	----------------	--

**Team:**  
 Jodi Kryzanski (Author), James Pappa, Katie Schmutz, Timothy Feshler, Lisa Abate, Jeffrey Redman, Ann Perrault, Holly Rzonca, Cheryl Edwards, Donald Bartomioli, Molly DeSantis, Mellanee Harmon

**Grade(s)**  
 K, 1

**Subject(s)**  
 Wellness

## Unit Focus

In this unit, students will begin to learn how to make healthy food choices to eat a well balanced diet through literacy based group discussions and activities.

## Stage 1: Desired Results - Key Understandings

Standard(s)	Transfer	
<b>Connecticut Goals and Standards</b> <i>Health Education: 1</i> <ul style="list-style-type: none"> <li>Demonstrate the ability to apply a decision-making process to enhance health <i>E.6.2</i></li> <li>Describe factors that may influence the selection of health information, products and services <i>E.2.3</i></li> <li>Describe relationships between personal health behaviors and individual well-being <i>E.1.1</i></li> <li>Examine how physical, social and emotional environments influence personal health <i>E.1.5</i></li> </ul>	<b>T1</b> (T1) Develop skills, knowledge and concepts needed to make appropriate decisions to create a healthy and balanced lifestyle. <b>T2</b> (T2) Communicate effectively based on purpose, task and audience using appropriate vocabulary and body language.	
	Meaning	
	Understanding(s)	Essential Question(s)
	<b>U1</b> (U150) The routines you follow have predictable impact on your overall health. <b>U2</b> (U151) The way you treat your body (e.g., exercise, sleep, injury and disease prevention, nutrition) affects the body`s ability to appropriately respond.	<b>Q1</b> (Q150) What choices do I make when I am in charge of myself? <b>Q2</b> (Q152) How does what I put in my body affect the way it works?
Acquisition of Knowledge and Skill		

	Knowledge	Skill(s)
		<p><b>S1</b> Identify food groups</p> <p><b>S2</b> Differentiate food sources</p> <p><b>S3</b> Make healthy food selections</p> <p><b>S4</b> Build a healthy meal</p>