

Brunswick School Department
Grade 7
Healthy Choices

Essential Understandings	▪ Food choices impact overall health.
Essential Questions	▪ What does a food label tell a consumer? ▪ Why does the body need food? ▪ What are the components of a nutritious, well-balanced diet? ▪ How do food choices affect health?
Essential Knowledge	▪ Food labels give consumers information about the nutritional value of a product. ▪ Valid resources that provide recommendations for a balanced diet are the Food Guide Pyramid and the U.S. Dietary Guidelines. ▪ The food pyramid guides a consumer to use balance, variety and moderation in establishing healthy eating habits and daily physical activity. ▪ Healthy eating habits help prevent health conditions such as heart disease, high blood pressure, high cholesterol, Type II diabetes, etc. ▪ Family members, peers and culture, including eating fads and the availability of convenience foods, influence food choices. ▪ Tracking food intake helps the consumer to make good food choices. ▪ The overuse of technology related activities can contribute to reduced physical activity. ▪ Food safety, including sanitation and the prevention of food borne illness affects personal health. ▪ Poor food handling practices and personal hygiene affect food safety. ▪ Healthy food preparation techniques can be utilized to maintain and improve personal health.
Vocabulary	▪ <u>Terms</u>: - o nutrition, calorie, food guide pyramid, cholesterol, food label, nutrient dense, dietary guidelines, nutritional value, percentage of daily value, heart disease, high blood pressure, high cholesterol, Type II diabetes, culture, food borne illness, fiber, diet - o <u>nutrients</u>: carbohydrates, fats, protein, vitamins, minerals, water

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Essential Skills	▪ Read and interpret a food label. ▪ Identify valid resources for dietary information. ▪ Interpret a food guide pyramid. ▪ Explain how eating habits contribute to overall health. ▪ Describe how family members, peers and culture influence food choices. ▪ Analyze food choices for nutritional value using the food guide pyramid. ▪ Use data about personal food intake and physical activity to develop strategies to improve or maintain health. ▪ Explain how the use of technology can positively and negatively affect health. ▪ Describe proper food preparation and handling techniques. ▪ Describe the effects of improper food preparation and handling techniques. ▪ Develop a personal action plan for healthful eating.
Related Maine Learning Results	<u>Health</u> A. Health Concepts 1. Explain the relationship between healthy behaviors and the prevention of injury, illness, and disease. B. Health Information, Services, and Products 1. Analyze the validity of health information, products, and services and describe situations requiring their use. 2. Identify resources from home, school, and community that provide valid health information and services. C. Health Promotion and Risk Reduction 1. Explain the importance of assuming responsibility for personal health. 2. Analyze a personal health assessment to determine health strengths and risks. 3. Develop strategies to improve or maintain personal and family health. D. Influences on Health 1. Investigate the influence of cultural beliefs on health behaviors and the use of health services. 3. Analyze the effect of technology on personal and family health. F. Decision Making and Goal Setting 3. Explain how decisions regarding health behaviors have consequences for them and others.

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Sample Lessons And Activities	▪ Make a variety of healthy snacks. ▪ Recognize the serving sizes of foods from each food group using everyday objects. ▪ Place food pictures on the food guide pyramid. ▪ Research a food related health risk. Make a poster and report what you learned. ▪ Practice analyzing food labels from empty boxes, cans, and bottles.
Sample Classroom Assessment Methods	▪ Keep a record of what you eat for breakfast and the number of hours you sleep each night for a week. After placing each food in a food group, and tallying the number of hours of sleep each night, analyze whether or not there is need for improvement.
Sample Resources	▪ <u>Publications:</u> - o <u>Food and Digestion</u> – Janet Burgess - o <u>Nutrition for Sports and Exercise</u> – Lori Smolin - o <u>Obesity</u> – Melissa Abramovitz - o <u>The Right Moves to Getting Fit and Feeling Great</u> – Tina Schwager ▪ <u>Videos:</u> - o <u>Five A Day</u> - o <u>My Pyramid: Pass It On</u> - o <u>Breakfast: The Most Important Meal of the Day</u>
Technology Link	▪ http://www.brunswick.k12.me.us/curriculum