***Lesson title-* Nutrition (Eating patterns)**

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| **Teacher Name** | Jake Sutherby |
| **Subject** | Health |
| **Unit (Core Idea)** | Nutrition (Eating patterns) |
| **Grade Level** | **7-8** |
| **Length of Lesson** | 45 minutes |

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| **Learning Outcome(s)**  *Code + full description* | Outcome(s)  Summarize benefits of eating a variety of food from all food groups. H1.N1.7b  Explain effects of eating patterns on growth and development, and on physical, mental, and academic performance. H1.N1.8b |

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| **Lesson Connections-** *Must* ***include 1+ research/theory*** *resources here + cite. Where does this lesson fall within the learning segment or unit?* |
| This lesson will fall under the nutrition category specifically eating patterns and the benefits and effects of specific eating patterns. In this lesson the teacher will present information regarding nutrition and how eating patterns can affect health, growth, and behavior. The students will then break into groups of three and create a poster to represent their viewpoint on proper nutrition and eating patterns. The students will be creative and put their own spin on the project. The unit this lesson falls under will be building off of information students learned in sixth grade. (Understand differences between reliable and unreliable sources of nutrition information) (H3.N1.6). The lesson will provide the students with a deeper understanding of nutrition and the positive and negative outcomes of eating patterns. The lesson falls under the Washington State grade level standards for 7th and 8th grade health education it’s an appropriate activity for both 7th and 8th grade students. I chose this activity because research suggests by middle school students should understand “eating healthfully means getting the right balance of nutrients” (John Muir, 2024). Nutrition is an important component to junior high and high school health education. The topic of nutrition gives students a better understanding of what nutrients and how much they should be consuming to be healthy and have energy to get through their day. A good resource to better understand nutrition is on the FDA website it is called Read the Label it is designed to provide information regarding nutrition and labels for children and teens. This is a resource that could be shown to students as a good resource for them to better understand labels and how they correlate with nutrition and eating patterns. |

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| **Assessment-** Explain assessment used + **attach** all assessment tools for this lesson |
| **Entry Task:**  **Question 1: Write down an example of a carbohydrate.**  **Question 2: Write down an example of a fat.**  **Question 3: Write down an example of a protein.**  **Exit Slip: (See attached exit slip)**  **Now that you have learned more about nutrition and the importance of eating patterns please answer the 6 multiple choice questions.** |

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| **Instructional Strategies/Learning Tasks to Support Learning** | | |
| *Sequenced Instruction for the full 45-min lesson* | | |
| Activity Name  &  Time | Teacher’s Role | Students’ Role |
| Discuss Learning Outcomes  1 minute | Teacher will post the learning outcomes and briefly explain them to the class. | Students will listen to the teacher and realize what the learning outcomes are and what they should be learning during the lesson. |
| Entry Task  2 minutes | Teacher will have the students answer the entry task questions posted on the board and turn them in. | Students will get out a piece of paper and answer the entry task questions posted on the board. |
| Teacher led lesson  10 minutes | Teacher will present a PowerPoint and discuss with the students the importance of a balanced diet and how eating patterns can make a big difference when it comes to growth, overall health, and energy levels. | Students will be encouraged to take notes during teacher instruction. Students will listen and absorb information regarding nutrition and eating patterns. |
| Group poster  Activity  20 minutes | Teacher will put students into groups of three while explaining the poster activity and what the guidelines for the project are. Students will be encouraged to be creative and come up with something original. | Students will get into their groups and create posters going off of the lesson they just had. The poster will demonstrate the importance of nutrition and eating patterns. Students will be encouraged to be creative and come up with something original. |
| Exit task  12 minutes | Teacher will begin handing out the exit task and explaining to the students that it’s a multiple-choice quiz. | Students will complete the multiple-choice quiz. |
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| **Resources and Materials** |
| *Materials (What will you have ready for students to use- Entry/exit slips, handouts, polls, videos, etc.)*   * Pencil * Note paper * Poster board * Colored pencils, markers, crayons   *Resources (What did you use to plan this lesson- books, websites, etc. Include research/theory you cited)*  Nutrition for teens. (n.d.). <https://www.johnmuirhealth.com/health-education/health-wellness/childrens-health/nutrition-teens.html#:~:text=and%20eating%20healthy.-,Eating%20Healthy,the%20right%20balance%20of%20nutrients>.  Program, H. F. (n.d.). Read the label Youth Outreach Materials. U.S. Food and Drug Administration. <https://www.fda.gov/food/nutrition-facts-label/read-label-youth-outreach-materials>  Herbold, Nancie H. EdD, RD\*; Frates, Susan E. MS, RD†. Update of nutrition guidelines for the teen: trends and concerns. Current Opinion in Pediatrics 12(4):p 303-309, August 2000. |

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| **Differentiation-** *How will you account for students with different abilities?* |
| I would make sure I was aware of any students who have a 504 plan or an IEP and make sure I follow those documents for accommodations and goal areas. I would offer alternative assignment options such as creating a PowerPoint presentation instead of a poster for students who may have difficulties with fine motor skills movements such as writing, coloring, and cutting. |

**Exit Task Quiz**

**1. Which of the following is the best source of healthy fats?**

A) Potato chips

B) Olive oil

C) Candy bars

D) White bread

**2. What is the primary role of protein in the body?**

A) Provide energy for daily activities

B) Help repair and build tissues

C) Protect against diseases

D) Support brain function

**3. Which food group is a good source of calcium?**

A) Fruits

B) Dairy

C) Proteins

D) Grains

**4. Why is it important to drink water daily?**

A) It keeps your bones strong.

B) It helps the body stay hydrated and regulates temperature.

C) It prevents all illnesses.

D) It helps you fall asleep faster.

**5. Which of the following is considered a healthy snack?**

A) A bag of chips

B) A chocolate bar

C) Fresh fruit and nuts

D) A can of soda

**6. What happens if you skip breakfast regularly?**

A) You will have more energy throughout the day.

B) You might feel tired and less focused in school.

C) You’ll lose weight automatically.

D) You won’t need to eat lunch.