

Anoka Hennepin K-12 Curriculum Unit Plan

Department: Physical Education

Course/Grade Level: 2nd Grade

Unit Title: Nutrition

Number of Lessons/Days: Trimester III – 4 Weeks

Unit Summary: Students will be introduced to the food plate. Students will learn to identify foods, and place food in appropriate group. Students will be assessed by their ability to identify food using the food plate. Write or draw an additional food for each of the five groups. Please note that while the focus of this unit is on nutrition this unit requires the continual development of physical fitness.

DESIRED RESULTS (STAGE 1)

Program Understanding and/or Minnesota State/Local/Core Standards and Technology Standard(s) addressed:

II. Fitness

Students will understand that maintaining personal health and physical fitness levels will have life-long benefits.

Standard 4: Achieves and maintains a health-enhancing level of physical fitness.

Benchmark:

- 1: Students will identify how the body feels during different kinds of physical activity.
- 2: Students will sustain moderate to vigorous physical activity for short periods of time.
- 3: Students will recognize the components of health-related fitness.

Overarching Understanding(s) from Curriculum Map/Course Understandings:

Students will understand that....

- There are components of fitness that affect your health.
- People can live longer, healthier lives by choosing foods that contribute to healthful eating habits.

Topical Understanding(s) Specific to Unit:

Students will understand that....

Essential Question(s) from Curriculum Map/Course Essential Questions:

To understand, student will need to consider such questions as...

- How will physical activity affect my health?
- Why should I eat healthy foods?
- What does it mean to be physically fit?

Topical Essential Questions for Unit:

<ul style="list-style-type: none"> The “food plate” guides healthy eating. 	<p><i>To understand, student will need to consider such questions as...</i></p> <ul style="list-style-type: none"> What is the food plate? How do I use the food plate to promote healthy eating?
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To understand, student will need to...

<p>know...Student will need to know the following in order to...(e.g. facts, concepts, generalizations, rules, theories, principles)</p>	<p>be able to...(Students will be able to DO...skills, procedures, processes)</p>
<ul style="list-style-type: none"> They need to eat from every color everyday on the food plate. <p>Essential new vocabulary</p> <ul style="list-style-type: none"> Food Plate <p>Common misunderstanding(s):</p> <ul style="list-style-type: none"> Oil is a food group. I need to eat something from every food groups every time I eat. Water is a food group. 	<ul style="list-style-type: none"> Identify foods from the five food groups. Use the food plate to sort food into food groups. Name multiple foods from each food group.