



SAMPLE LESSON PLANS

Grade 7- Health Promotion

Unit 1

SOLs:

- 7.1.E Analyze the caloric and nutritional value of foods and beverages.
- 7.1.G Describe the benefit of eating foods to meet the recommendations for iron, calcium, and fiber.
- 7.2.E Analyze the effects of nutrition on daily performance.
- 7.2.F Determine the cognitive and physical benefits of eating a healthy breakfast.
- 7.2.H Use a decision-making process to evaluate daily food intake and nutritional requirements.
- 7.3.D Encourage nutrient-dense food choices at home and at school.
- 7.3.E Encourage peers and family members to eat healthy foods and to be physically active!

Title: Healthy Nutrition

Procedure:

The Health Smart Virginia website provides a bank of suggested lesson plans and activities to address the Grade 7 Healthy Nutrition SOLs in the *Related Resources* listing under this lesson on the website. To directly access these on their source sites, click the links on the references below

Assessment Ideas:

- Evaluate completion of homework assignment.
- *Homework Assignment:* Write a page about how you will take what you have learned in this unit to encourage peers and family members to eat healthy foods and to be physically active.

References:

- 101 Tips for Teaching About Nutrition
<http://westerndairyassociation.org/download/101-tips-for-teaching-nutrition-in-pe/>
- 5-2-1-0 Let's Go Middle and High School Toolkit:
<http://www.letsgo.org/programs/schools/middlehigh-school-toolkit/>

- American Heart Association (AHA) Middle School Lesson Plans
http://www.heart.org/HEARTORG/Educator/FortheClassroom/MiddleSchoolLessonPlans/Middle-School-Lesson-Plans_UCM_304280_Article.jsp?appName=MobileApp
- AHA We Jump We Shoot We Save Teachers Guide 2012-13
http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm_467922.pdf
- AHA We Jump We Shoot We Save Teachers Guide 2013-14
http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm_467933.pdf
- AHA – Garden Growing While on the Move http://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_467219.pdf
- AHA – Our Challenge: A Look At the Obesity Epidemic
https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_452021.pdf
- AHA - Obesity Trends https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_452018.pdf
- AHA – NFL Play 60 Challenge
http://www.heart.org/HEARTORG/Educator/FortheClassroom/NFLPlay60Challenge/PLAY-60-Challenge-Lesson-Plans_UCM_453013_Article.jsp#.V_K0AvArLic
- Body Works Program - Office of Women’s Health, DHHS www.womenshealth.gov
- CA Adolescent Nutrition and Fitness Program- Junk Food Marketing
<http://canfit.org/pdf/SchoolLessonPlan.pdf>
- Media Smarts Canada
 - Looking at food advertising lesson: <http://mediasmarts.ca/lessonplan/looking-food-advertising-lesson>
 - Junk food advertising:
http://mediasmarts.ca/sites/mediasmarts/files/pdfs/lesson-plan/Lesson_Youve_Gotta_Have_a_Gimmick.pdf
- CDC- BAM! Body and Mind- <http://www.cdc.gov/bam/nutrition/index.html>
- Food Span - Johns Hopkins Center for a Livable Future <http://foodspanlearning.org/>
- FCS Fast Food Commercials & Nutrition Lesson:
<http://www.familyconsumersciences.com/2012/10/fast-food-commercials-nutrition/>
- Food Day Curriculum
<https://d3n8a8pro7vhmx.cloudfront.net/foodday/pages/24/attachments/original/1407160267/Curriculum2014.pdf?1407160267>
- Girlshealth.gov- Nutrition: <http://www.girlshealth.gov/nutrition/index.html>
- Kids Health Teacher Guides – Grades 6-8
 - Breakfast*
<https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/breakfast.pdf>
 - School Lunch*
https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/school_lunch.pdf
 - Food Labels*
https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/food_labels.pdf
 - Food Safety*
https://classroom.kidshealth.org/classroom/6to8/personal/safety/food_safety.pdf --
 - Healthy Snacking*

- https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/healthy_snacking.pdf
- Grocery Store Scavenger Hunt <http://www.readwritethink.org/classroom-resources/lesson-plans/grocery-store-scavenger-hunt-1140.html>
 - Maricopa Schools -My Plate Based Grade 5-8 Curriculum <http://www.maricopaschoolwellness.org/grades-5-8>
 - Mission Nutrition Canada <http://www.missionnutrition.ca/eng/announcement.html>
 - PBS Frontline- obesity, eating habits, and weight loss: <http://www.pbs.org/wgbh/pages/frontline/teach/fat/lesson2.html>
 - PBS Frontline- obesity, eating habits, and weight loss: <http://www.pbs.org/wgbh/pages/frontline/teach/fat/lesson2.html>
 - PE Central- Food Pyramid Game: <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=2645>
 - PE Central -Calculating Fat, Carbohydrates & Proteins: <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=919>
 - Produce for Better Health- Teacher’s “Rainbow” Curriculum http://pbhfoundation.org/pub_sec/edu/cur/rainbow
 - Sample Physical Activity Log – Michigan State University <http://commtechlab.msu.edu/sites/letsnet/frames/subjects/health/log.html>
 - Scholastic -Healthy Body Image Lesson Plan <https://beta.scholastic.com/teachers/lesson-plans/teaching-content/body-image/>
 - Teaching Fast Food Nation 7-12 <http://www.bookrags.com/lessonplan/fast-food-nation/#gsc.tab=0>
 - U of Missouri- Health: Eating Disorders: <http://ethemes.missouri.edu/themes/277?locale=en>
 - USDA Choose My Plate Teacher Resources: <https://www.choosemyplate.gov/teachers>
 - USDA Choose My Plate Parents & Educators Resources <https://www.choosemyplate.gov/kids-parents-educators>
 - USDA-Serving Up My Plate. A Yummy Curriculum for grades 5 and 6
 - <http://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum>
 - http://www.fns.usda.gov/sites/default/files/sump_level3.pdf
 - UC Davis Youth Nutrition Education Materials: <http://fsnep.ucdavis.edu/curriculum/youth-materials>
 - Nutrition to Grow On Curriculum <http://cns.ucdavis.edu/resources/ntgo/index.html>
 - Eat Fit <http://fsnep.ucdavis.edu/curriculum/youth-materials/youth-materials/ef/eatfit>
 - USA Today- Obesity: www.usatoday.com/educate/casestudies/obesity.pdf