

Student Learning Plan

Unit 4: Wellness, Fitness, and First Aid

Nutrition—Nourishing Your Body [U4C1L4]



Why this is important:

Our diets have changed during the past 35 years. Americans now have a hurry-up lifestyle where convenience is more important than proper eating habits. For convenience people tend to eat more fast foods and processed foods. Are these convenience foods wise choices? In this learning plan you will explore how nutrients affect your body. You will also analyze the nutrition provided in a restaurant meal.



What you will learn to do:

(Competency)

Analyze how well you meet nutrient guidelines

Linked Core Ability

C. Take responsibility for your actions and choices



How you will know when you are succeeding:

You will show that you have learned the target knowledge and skills:

- by reflecting on your eating habits

Your performance will be successful when:

- you reflect on how well your current eating habits meet nutrient guidelines
- you describe strategies to ensure you include appropriate nutrients in your diet



Knowledge and skills you will learn along the way:

(Learning Objectives)

- Explain the six nutrients your body requires
- Explain the difference between simple and complex carbohydrates
- Describe the role fat and cholesterol play in body functioning
- Compare saturated and unsaturated fats
- Describe ways to reduce cholesterol levels
- Compare the functions of vitamins, carbohydrates, fats and proteins
- Identify food sources of vitamins and minerals
- Define key words: amino acids, complex carbohydrates, fat soluble vitamins, mono-unsaturated fats, poly-unsaturated fats, Referenced Daily Intake (RDI), saturated fats, simple carbohydrates, water soluble vitamins

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Learning Activities:

These learning activities are designed to help you learn the target skills and knowledge for this lesson. Your instructor may assign additional or alternative learning activities.

- ____ 1. THINK ABOUT what food you might order at a restaurant. COMPLETE Steps 1-4 of Exercise 1: Chez JROTC to categorize food items and calculate calorie content. [Work independently] PARTICIPATE in discussion about healthy diets. [Work with the class]
- ____ 2. [SELF-PACED OPTION] CARRY OUT Learning Activity 1 independently. ADD responses to reflection questions to your Cadet Notebook.
- ____ 3. LEARN ABOUT nutrition by reading Section 4: Nutrition—Nourishing Your Body in Chapter 1 of your student text and/or other nutrition literature. CREATE a Tree Map about an assigned nutrient to show 1) the role/function of the nutrient in the body 2) sources of the nutrient 3) how one nutrient differs from another 4) ways to ensure you include the nutrient in your diet 5) ways to reduce any negative effects on the body. SHARE your findings with your team. [Work with a team] ADD your notes and responses to section review questions to your Cadet Notebook.
- ____ 4. [SELF-PACED OPTION] CARRY OUT Learning Activity 3 independently. GATHER INFORMATION about on carbohydrates, fats, proteins, vitamins, minerals, and water. ADD your notes and responses to review and reflection questions to your Cadet Notebook.
- ____ 5. SHARE your nutrient information with others. LEARN ABOUT other nutrients from other cadets. ADD notes about carbohydrates, fats, proteins, vitamins, minerals, and water to your Cadet Notebook. [Work with a team]
- ____ 6. COMPLETE Columns 5-10 of Exercise 1: Chez JROTC to calculate intake of carbohydrates, fats, proteins, vitamins, minerals, and water. ADD the exercise to your Cadet Notebook. [Work independently]
- ____ 7. [SELF-PACED OPTION] CARRY OUT Learning Activity 6 independently. Add responses to reflection questions to your Cadet Notebook.
- ____ 8. CREATE Bridge Maps to identify the relationship of each of the six nutrients to affects on the body. [Work with a team] SHARE your maps with the class. [Work with the class] ADD your maps to your Cadet Notebook.
- ____ 9. [SELF-PACED OPTION] CARRY OUT Learning Activity 8 independently. ADD your maps and responses to reflection questions to your Cadet Notebook.



Assessment Activities:

These assessment activities will enable you to show that you have learned the target skills and knowledge for this lesson. Your instructor may assign additional or alternative assessment activities.

- ____ 1. COMPLETE the Nutrient Reflection Assessment Task. SELF-ASSESS your work using the Scoring Guide. SUBMIT your work to your instructor for feedback and a grade.
- ____ 2. [SELF-PACED OPTION] Same as above.