

USD 230 Curriculum Map

Grade: 7th Subject: Health

Unit: Nutrition Quarter Taught: 1st /or 3rd

State Indicators	District Objectives/Outcomes/ Key Concepts	Instructional Strategies	Student Activities or Product(s)	Resources Used	Methods of Assessment
<p>7.1.5 7.1.8 7.1.15 7.1.16 7.3.3 7.3.10 7.3.12 7.4.2 7.4.4 7.6.4 7.7.2 7.7.6</p>	<p>Understand the benefits of healthy eating</p> <p>Understand Food Guide Pyramid and serving size</p> <p>Identify nutrients on Food Label</p> <p>Understand the effects of poor nutrition</p> <p>Discuss effects of food safety issues</p>	<p>Graphic Organizer</p> <p>Cooperative groups</p> <p>Discussion</p> <p>Note taking</p> <p>Personal Response</p> <p>QAR</p>	<p>Handouts: Meal Planning</p> <p>What's For Lunch?</p> <p>Eating Disorders</p> <p>Reading Labels/Comparing Labels</p> <p>QAR Worksheet</p> <p>Food Safety</p> <p>Food Guide Pyramid</p> <p>Pop Challenge</p> <p>Develop personal pyramid @ mypyramid.gov</p> <p>Fat Math</p>	<p>Your Health Text Book</p> <p>7th Grade Supplemental Material Notebook</p> <p>Overhead Transparencies</p> <p>Guest Speaker: Milk Tasting Survey</p> <p>Videos: Snacks Fast Food Truth About Eating Disorders</p> <p>Computer Lab</p>	<p>Unit Test</p> <p>Quizzes</p> <p>Presentations</p> <p>Observation</p> <p>Survey</p>