Human Growth & Development

(Food & Nutrition)

**Learning Goal:** I can identify and describe the structure and function of the digestive system, and understand the nutritional value of food.

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| Level 1 | Level 2 | Level 3\* | Level 4 |
| Even with assistance, I am unable to meet the learning targets. | With assistance I can describe the the digestive system and it’s importance to maintaining balanced nutrition.  **Vocabulary**: *nutrition, health, diet, grains, dairy, protein, vegetables, fruit, digestion, esophagus, large/small intestine* | I can identify and describe the structure and function of the digestive system, and understand the nutritional value of food. | All of level 3, and make adjustments to my food intake that has a higher nutritional value. |

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| Status: | Task: | Order |
| **Required**  (I) | **Human Body Foldable**: This will be completed throughout the course of the unit. |  |
| **Required**  (I) | **HG & D Handbook:**   * My Plate (p21) Use this page to take notes about nutrition. * Self-Reflection (p22) |  |
| **Choose 1 or both**  (I or P) | **Powerpoint**:   * [Foods and Nutrition](https://docs.google.com/presentation/d/1yULd15Lh92n3SEgvG7t9APkER_nDtKWHIkk4aBJGsBs/edit#slide=id.p4)   **OR**  **Video**:   * [My Plate Guidlines](https://www.youtube.com/watch?v=-J1hmmy1OB4) |  |
| **Choose 1**  (P or G) | **Video**:   * Bill Nye [Nutrition](http://www.schooltube.com/video/8b5b475d98ac476fbdb8/Bill-Nye-Nutrition) (23min)   + Complete cloze worksheet * [Magic School Bus for Lunch](https://www.youtube.com/watch?v=BTjXdzxhc_w)   + Complete worksheet |  |
| **Required**  (I) | **Summarizing Strategy:** Nutrition Haiku   * [How To Video](https://www.youtube.com/watch?v=gOMuVpN8XqM): Haiku * Write a Haiku related to what you’ve learned about nutrition. |  |
| **Optional**  (I) | **Food Log/Journal: Meal Tracker**   * Monitor what you eat for one whole day (Breakfast, Lunch, Dinner) * Choose one items from each meal that can be substituted for something healthier. |  |