

SUBJECT: FCS		GRADE: 5	
UNIT TITLE: Healthy Lifestyle Nutrition		TIMEFRAME: 15 days	
UNIT OVERVIEW			
In this unit, students will explain the importance of eating a varied diet for maintaining health.			
LRG SKILLS AND DISPOSITIONS		PA STANDARDS	
Continual Learning & Growth Mindset: Healthy meal at home with MyPlate (D2B)		11.3.3.C: Explain the importance of eating a varied diet in maintaining health. 11.3.6.D: Describe a well-balanced daily menu using the dietary guidelines and the food guide pyramid.	
COMPETENCIES		LEARNING TARGETS	
I can my maintain my personal health		I can explain the five food groups from the MyPlate and give examples of food in each.	
		I can explain how MyPlate serves as a reminder to eat foods from each group.	
		I can identify a healthy snack.	
		I can create a healthy meal containing food from each group.	
		I can try new foods that are healthier.	