



Subject Area: Wellness Health	Course: Grade 4	
Unit 1 Title: Nutrition and Balanced Eating	Start: September	End: October
Unit Summary: In this unit, students acquire the skills practice and knowledge necessary for nutrition and balanced eating. They practice using health-promoting strategies to meet physical, social, mental and emotional needs in relation to their health and wellness while eating. In collaboration with peers, students consider the effects of celebrity endorsements on their decisions when it comes to eating. Students look at food labels and compare which foods can be chosen at meals while considering a balanced eating approach. Students develop goal setting skills for eating balanced meals.		

Stage 1: Desired Results

Massachusetts Learning Standards

Nutrition and Balanced Eating [5.1.NE]

1. Identify principles of balanced eating to meet nutritional needs (e.g., moderation, eating a variety of fruits and vegetables, consuming nutrient-rich foods, limiting processed foods and foods high in added sugar, drinking water, limiting sugary beverages) when making nutrition-related decisions. [HPE]
2. Identify and describe hunger and satiety cues and how these can inform nutrition-related decision-making. [HE]
3. Discuss the benefits of balanced eating on physical health (e.g., supporting growth and development, ability to engage in physical activity), social health, and emotional and mental health (e.g., ability to manage stress, positive emotions) when making nutrition-related decisions. [HPE]
4. Demonstrate how to use food labels as part of nutrition-related decision-making. [HE]
5. Describe how cultivation, trade routes, and regions affect food supply, and how food production affects nutrition-related decisions. [HE]
6. Identify circumstances (e.g., budget, food access and availability, time management) that help or hinder decisions about nutrition and determine when assistance is needed in order to make a health-promoting decision. [HPE]
7. Explain a variety of factors that can influence decisions about nutrition (e.g., food during celebrations, food preferences, media advertising, celebrity endorsements and product placement, access and availability, financial resources, physical activity levels). [HPE]

8. Recognize that individuals have different food related needs, preferences, and traditions. [HE] 9. List options, predict potential outcomes of decision options, make a health-promoting choice, and analyze the outcome of decisions in common nutrition situations. [HE]	
Transfer (Authentic, relevant application of learning to new situations)	
Students will be able to independently use their learning to... • Design and write their own celebrity endorsement ad with the celebrity of their choice, while promoting healthy food(s) • Create a weekly meal plan using the MyPlate manipulatives • Design an anti-smoking T-shirt after learning about the harmful effects of smoking • Analyze food labels to decide which foods could be brought to their plates for a balanced and nutritious meal	
Meaning	
Enduring Understandings Students will understand that... • One can engage in health-promoting behaviors in the classroom and in outdoor settings. • The use of food labels and how we can read them to better understand what we put into our bodies. • One can be aware of celebrity endorsements and the strategies the media uses to sell products. • Good health comes from a balanced and nutritious diet. • Keeping a healthy respiratory system is essential to good health	Essential Questions Students will consider... • What are health-promoting behaviors? • What are ways we can stay knowledgeable about what we put into our bodies? • How does the media influence our purchasing choices? • How does one find a balanced approach to our health? • What are habits that negatively impact our bodies?
Acquisition	
Knowledge Students will know... • Three aspects of Health Wellness:	Skills Students will be skilled at... • Reading Food Labels



HOLLISTON

Public Schools

○ Physical ○ Social ○ Mental-emotional ● Celebrity-Endorsements ● Effects of Cigarettes/Smoking ● Balanced approach to eating ● Nutrition	● Goal setting ● Identifying celebrity endorsements and understanding the sales tactics of junk food ● Creating balanced meals for breakfast, lunch, and dinner ● Designing their own food endorsement that promotes healthy eating.
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