

# LESSON PLAN

## HEALTH & PHYSICAL EDUCATION

**Teacher:** Andrew Devanney

**Unit Title; Lesson Title:** Nutrition

**Duration of class:** 40 minutes

**Number of students:** 20

**Grade level:** 6

### SECTION A. (Overview)

**Rationale (importance of lesson):** Students need to be able to understand factors that can have an effect on their food decisions.

**Anticipated difficulties and how they will be addressed:** Students being able to easily understand the concepts being explained. This will be addressed by going over it a couple times and making sure each student understands the material.

**Resources, Equipment and Materials:** List of content in popular food items

### SECTION B. (Objectives, CPIs & Assessment)

NJCCCS: 2.1 Wellness: All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.

CPI: 2.1.6.B.1- Determine factors that influence food choices and eating patterns.

Lesson Objective (CPI)	Student Assessment
Psychomotor: Students will be able to demonstrate that they can make healthy food choices.	Students will make a food journal of what they ate the previous day so they can see the food choices they make first hand.
Cognitive: Students will be able to distinguish between macronutrients and micronutrients.	Students will be assessed with a quiz on what the macronutrients and micronutrients are and be able to describe them.
Affective: Students will be able to understand why knowing the macronutrients and micronutrients will factor in their food choices.	Students will make a list on how their food choices that they make can affect their lives.

### SECTION C. (Learning Activities & Instructional Strategies\*)

Time Line:	Lesson Content, Procedures (management, transitions), & Instructional Strategies – <i>Include introductory activities, learning focus activities, culminating activity &amp; closure</i>
5 mins	Introduce the macronutrients and micronutrients to class by describing what each are. Ask students what they think these are. Also, ask class of foods they think are high or deficient in macronutrients or micronutrients.
15 mins	Discuss the types of macronutrients and micronutrients and how they affect the body. A macronutrient is a type of food required in large amounts in the human diet. The macronutrients consist of fats, proteins, and carbohydrates. A micronutrient is a chemical element or substance required in trace amounts for the normal growth and development of organisms. The micronutrients consist of vitamins and minerals.
10 mins	Students will participate in an activity where they will make a food journal of their meal from the previous night. I will then provide students with a list of foods many people eat so they can see the macronutrient and micronutrient contents in them. These foods will include