Health: Personal Health Unit Plan Miss. Schabler

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| Lesson # | Topic | Lesson Length | Learning Outcomes | | Objectives | Assessment | Resources and Materials |
| 1 | Canada’s Food Guide | 30 min | Wellness choices: students will make responsible and informed choices to maintain and to promote safety in self and others. | W-3.5 | Students will examine the Canada’s Food Guide and understand the four food groups. | Participation Rubric  Build Your Lunch | SMART board |
| 2 | Serving Sizes | 30 min | W-3.5 | Students will examine their serving per each food group and create their own one-day meal plan according to their quantity of servings. | Participation Rubric  Day Food Plan | SMART board |
| 3 | Carbohydrate  Protein  Fat  Vit & Minerals | 30 min | W-4.4 | Students will remember what is a carbohydrate, protein, fat, vitamin and minerals are. | Participation Rubric | SMART board  <http://lilbeasts.com/teaching-kids-about-nutrients/> |
| 4 | Environment | 30 min | W-4.2 | Students will explore different types of environmental impacts to their personal health. | Participation Rubric | SMART board |
| 5 | Refusal Skills  Tobacco  Alcohol | 30 min | W-3.6  W-4.5 | Students will understand the health hazards of drugs/alcohol and how to say “no”. | Participation rubric | SMART board  Tobacco  <https://www.youtube.com/watch?v=fF7SNcw7kxQ>  Drugs Refusal Skills  https://www.youtube.com/watch?v=h3xOieBwe5w |
| 6 | Body Image | 30 min | W-4.4 | Students will examine what our society deems as beautiful and how it is false. | Participation Rubric | SMART board  <https://www.youtube.com/watch?v=omBfg3UwkYM>  <http://www.teachbodyimage.com/index.php/body-image-4-6> |