Health: Personal Health Unit Plan Miss. Schabler

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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 RubricBuild 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 RubricDay Food Plan | SMART board |
| 3 | CarbohydrateProteinFatVit & 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 SkillsTobacco Alcohol | 30 min | W-3.6W-4.5 | Students will understand the health hazards of drugs/alcohol and how to say “no”. | Participation rubric | SMART boardTobacco<https://www.youtube.com/watch?v=fF7SNcw7kxQ>Drugs Refusal Skillshttps://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> |