



Grade 7 Sample Lesson Plan: Unit 1– Healthy Nutrition

SOLs

- 7.1.E Analyze the caloric and nutritional value of foods and beverages.
- 7.1.G Describe the benefit of eating foods to meet the recommendations for iron, calcium, and fiber.
- 7.2.E Analyze the effects of nutrition on daily performance.
- 7.2.F Determine the cognitive and physical benefits of eating a healthy breakfast.
- 7.2.H Use a decision-making process to evaluate daily food intake and nutritional requirements.
- 7.3.D Encourage nutrient-dense food choices at home and at school.
- 7.3.E Encourage peers and family members to eat healthy foods and to be physically active.

Procedure

- The Health Smart Virginia website provides a bank of suggested lesson plans and activities to address the Grade 7 Healthy Nutrition SOLs in the *Related Resources* listing under this lesson on the website. To directly access these on their source sites, click the links on the references below

Assessment Idea

- Evaluate completion of homework assignment.
- *Homework Assignment:* Write a page about how you will take what you have learned in this unit to encourage peers and family members to eat healthy foods and to be physically active

References

- 101 Tips for Teaching About Nutrition <http://westerndairyassociation.org/download/101-tips-for-teaching-nutrition-in-pe/>
- 5-2-1-0 Let's Go Middle and High School Toolkit: <http://www.letsgo.org/programs/schools/middlehigh-school-toolkit/>

- American Heart Association (AHA) Middle School Lesson Plans
http://www.heart.org/HEARTORG/Educator/FortheClassroom/MiddleSchoolLessonPlans/Middle-School-Lesson-Plans_UCM_304280_Article.jsp?appName=MobileApp
- AHA We Jump We Shoot We Save Teachers Guide 2012-13
http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm_467922.pdf
- AHA We Jump We Shoot We Save Teachers Guide 2013-14
http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm_467933.pdf
- AHA – Garden Growing While on the Move
http://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_467219.pdf
- AHA – Our Challenge: A Look At the Obesity Epidemic
https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_452021.pdf
- AHA - Obesity Trends
https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_452018.pdf
- AHA – NFL Play 60 Challenge
http://www.heart.org/HEARTORG/Educator/FortheClassroom/NFLPlay60Challenge/PL_AY-60-Challenge-Lesson-Plans_UCM_453013_Article.jsp#.V_K0AvArLic
- Body Works Program - Office of Women’s Health, DHHS www.womenshealth.gov
- CA Adolescent Nutrition and Fitness Program- Junk Food Marketing
<http://canfit.org/pdf/SchoolLessonPlan.pdf>
- Media Smarts Canada
 - Looking at food advertising lesson:
<http://mediasmarts.ca/lessonplan/looking-food-advertising-lesson>
 - Junk food advertising:
http://mediasmarts.ca/sites/mediasmarts/files/pdfs/lesson-plan/Lesson_Youve_Gotta_Have_a_Gimmick.pdf
- CDC- BAM! Body and Mind- <http://www.cdc.gov/bam/nutrition/index.html>
- Food Span - Johns Hopkins Center for a Livable Future <http://foodspanlearning.org/>
- FCS Fast Food Commercials & Nutrition Lesson:
<http://www.familyconsumersciences.com/2012/10/fast-food-commercials-nutrition/>
- Food Day Curriculum
<https://d3n8a8pro7vhm.cloudfront.net/foodday/pages/24/attachments/original/1407160267/Curriculum2014.pdf?1407160267>
- Girlshealth.gov- Nutrition: <http://www.girlshealth.gov/nutrition/index.html>

- Kids Health Teacher Guides – Grades 6-8
 - *-Breakfast*
<https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/breakfast.pdf>
 - *-School Lunch*
https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/school_lunch.pdf
 - *-Food Labels*
https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/food_labels.pdf
 - *-Food Safety*
https://classroom.kidshealth.org/classroom/6to8/personal/safety/food_safety.pdf --
 - *-Healthy Snacking*
https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/healthy_snacking.pdf
- Grocery Store Scavenger Hunt
<http://www.readwritethink.org/classroom-resources/lesson-plans/grocery-store-savenger-hunt-1140.html>
- Maricopa Schools -My Plate Based Grade 5-8 Curriculum
<http://www.maricopaschoolwellness.org/grades-5-8>
- Mission Nutrition Canada
<http://www.missionnutrition.ca/eng/announcement.html>
- PBS Frontline- obesity, eating habits, and weight loss:
<http://www.pbs.org/wgbh/pages/frontline/teach/fat/lesson2.html>
- PBS Frontline- obesity, eating habits, and weight loss:
<http://www.pbs.org/wgbh/pages/frontline/teach/fat/lesson2.html>
- PE Central- Food Pyramid Game:
<http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=2645>
- PE Central -Calculating Fat, Carbohydrates & Proteins:
<http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=919>
- Produce for Better Health- Teacher’s “Rainbow” Curriculum
http://pbhfoundation.org/pub_sec/edu/cur/rainbow

- Sample Physical Activity Log – Michigan State University
<http://commtechlab.msu.edu/sites/letsnet/frames/subjects/health/1og.html>
- Scholastic -Healthy Body Image Lesson Plan
<https://beta.scholastic.com/teachers/lesson-plans/teaching-content/body-image/>
- Teaching Fast Food Nation 7-12
<http://www.bookrags.com/lessonplan/fast-food-nation/#gsc.tab=0>
- U of Missouri- Health: Eating Disorders:
<http://ethemes.missouri.edu/themes/277?locale=en>
- USDA Choose My Plate Teacher Resources:
<https://www.choosemyplate.gov/teachers>
- USDA Choose My Plate Parents & Educators Resources
<https://www.choosemyplate.gov/kids-parents-educators>
- USDA-Serving Up My Plate. A Yummy Curriculum for grades 5 and 6
- <http://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum>
- http://www.fns.usda.gov/sites/default/files/sump_level3.pdf
- UC Davis Youth Nutrition Education Materials:
<http://fsnep.ucdavis.edu/curriculum/youth-materials>
 - -Nutrition to Grow On Curriculum
<http://cns.ucdavis.edu/resources/ntgo/index.html>
 - -Eat Fit <http://fsnep.ucdavis.edu/curriculum/youth-materials/youth-materials/ef/eatfit>

USA Today- Obesity: www.usatoday.com/educate/casestudies/obesity.pdf