

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 & 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

Ancillary Health Care Unit Standard And Lesson Plans

**Gayle Gliva-McConvey, Catherine F.
Nicholas, Lou Clark**



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Handbook of Home Health Care Administration Marilyn D. Harris, 2010-10-25 Important Notice The digital edition of this book is missing some of the images or content found in the physical edition Handbook of Home Health Care Fifth Edition has been completely revised and updated to provide up to date specific authoritative guidance for the successful administration and management of home health care agencies An excellent comprehensive text this Handbook addresses detailed legal and legislative issues case management processes and state of the art technology *Strategic Marketing For Health Care Organizations* Philip Kotler, Joel I. Shalowitz, Robert J. Stevens, 2011-01-19 This much needed text offers an authoritative introduction to strategic marketing in health care and presents a wealth of ideas for gaining the competitive edge in the health care arena Step by step the authors show how real companies build and implement effective strategies It includes marketing approaches through a wide range of perspectives hospitals physician practices social marketing international health managed care pharmaceuticals and biotechnology With Strategic Marketing for Health Care Organizations students and future administrators will have a guide to the most successful strategies and techniques presented ready to apply by the most knowledgeable authors Comprehensive Healthcare Simulation: Implementing Best Practices in Standardized Patient Methodology Gayle Gliva-McConvey, Catherine F. Nicholas, Lou Clark, 2020-10-15 This book brings to life best practices of Human Simulation maximizing the Standardized Patient SP methodology that has played a major role in health professions learning and assessment since the 1960s Each chapter reflects the Association of SP Educators Standards of Best Practices SOBPs and provides guidance for implementation Multiple insights are offered through embedded interviews with international experts to provide examples illustrating successful strategies The Human Simulation Continuum Model a practical and theoretical framework is introduced to guide educators in decision making processes associated with the full range of human simulation The Continuum Model spans improvisations structured role play embedded participants and simulated standardized patients This book also provides the full how to for SP methodology covering topics including case scenario development creating training material training techniques for case portrayal training communication and feedback skills GTA MUTA PTA training SP program administration and professional development for SP Educators A pragmatic user friendly addition to the Comprehensive Healthcare Simulation series Implementing Best Practices in Standardized Patient Methodology is the first book framed by the ASPE SOBPs embracing best practices in human simulation and marshaling the vast expertise of a myriad of SP Educators **Discharge Planning Handbook for Healthcare** Ali Birjandi, Lisa M. Bragg, 2017-11-15 Hidden opportunities to improve profits in the healthcare industry abound in the area of discharge planning The Discharge Planning Handbook for Healthcare Top Ten Secrets to Unlocking a New Revenue Pipeline provides innovative new solutions that will show hospital administrators how to turn one of the most antiquated aspects of healthcare into on **Report of the Activities** United States. Congress. Joint Committee on Defense Production, 1969 **Monthly**

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