

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

Lesson Plans For Ancillary Health Care

Edward L. Schneider



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The Complete Guide to Lesson Planning and Preparation Anthony Haynes, 2010-07-01 This book provides expert advice on perennial issues in teaching planning and preparation By taking the best ideas from a variety of sectors and drawing on an unusual breadth of experience as a teacher parent and business manager the author s advice is uniquely well rounded and pragmatic Packed with anecdotes reflective questions and exercises this enjoyable read covers everything a teacher needs to plan and prepare effectively and use assessment to inspire more professional and fruitful lessons

Health Planning Reports: Subject index. 4 v United States. Health Resources Administration, 1978 **Health planning reports subject index** United States. Health Resources Administration, 1979 New York Court of Appeals. Records and Briefs. New York (State)., Official Gazette of the United States Patent and Trademark Office , 2002 **A Study Guide to Essentials of Managed Health Care, Fourth Edition** Peter Reid Kongstvedt, 2001 How can you help students master the complexities of managed health care For years instructors nationwide have counted on one text to convey a solid understanding of fundamental concepts Peter R Kongstvedt s Essentials of Managed Health Care Now in its Fourth Edition this best selling textbook continues to supply a clear and accessible explanation of how managed care actually works Web site serves as a launching pad to numerous activities and resources where ready to use PowerPoint slides additional readings organized by chapter and a test bank for instructors are available **Wisconsin Department of Health and Social Services V. Bowen** , 1985 **Documentation Planning for the U.S. Health Care System** Joan D. Krizack, 1994 Because health care institutions produce massive quantities of records and because these institutions have complex interconnections with other organizations they now need to take an active approach to selecting documentation for historical preservation This book provides the background information necessary for archivists who deal with health care systems records to devise appropriate procedures including a systematic method for devising institutional documentation plans strategic plans that specify which materials should be preserved Volume editor Joan Krizack begins by offering a general overview of the U S health care system and of the different settings in which care is delivered Contributing authors then discuss the salient characteristics for archivists of health agencies and foundations biomedical research facilities educational institutions professional and voluntary associations and health industries In the final chapter Krizack explains how to develop and carry out a documentation plan describing the implementation of one such plan at Children s Hospital in Boston **The Teaching Nursing Home** Edward L. Schneider, 1985 **"Code of Massachusetts regulations, 1996"** , 1996 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020 **Annual Report of the Chief Medical Officer of the Board of Education ...** Great Britain. Board of Education. Medical Department, 1928 **"Code of Massachusetts regulations, 1995"** , 1995 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of

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