

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

Hussin A.Rothana



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Table of Contents Lesson Plans For Ancillary Health Care

1. Understanding the eBook Lesson Plans For Ancillary Health Care
 - The Rise of Digital Reading Lesson Plans For Ancillary Health Care
 - Advantages of eBooks Over Traditional Books
2. Identifying Lesson Plans For Ancillary Health Care
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Lesson Plans For Ancillary Health Care
 - User-Friendly Interface
4. Exploring eBook Recommendations from Lesson Plans For Ancillary Health Care
 - Personalized Recommendations
 - Lesson Plans For Ancillary Health Care User Reviews and Ratings
 - Lesson Plans For Ancillary Health Care and Bestseller Lists

5. Accessing Lesson Plans For Ancillary Health Care Free and Paid eBooks
 - Lesson Plans For Ancillary Health Care Public Domain eBooks
 - Lesson Plans For Ancillary Health Care eBook Subscription Services
 - Lesson Plans For Ancillary Health Care Budget-Friendly Options
6. Navigating Lesson Plans For Ancillary Health Care eBook Formats
 - ePub, PDF, MOBI, and More
 - Lesson Plans For Ancillary Health Care Compatibility with Devices
 - Lesson Plans For Ancillary Health Care Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Lesson Plans For Ancillary Health Care
 - Highlighting and Note-Taking Lesson Plans For Ancillary Health Care
 - Interactive Elements Lesson Plans For Ancillary Health Care
8. Staying Engaged with Lesson Plans For Ancillary Health Care
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Lesson Plans For Ancillary Health Care
9. Balancing eBooks and Physical Books Lesson Plans For Ancillary Health Care
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Lesson Plans For Ancillary Health Care
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Lesson Plans For Ancillary Health Care
 - Setting Reading Goals Lesson Plans For Ancillary Health Care
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Lesson Plans For Ancillary Health Care
 - Fact-Checking eBook Content of Lesson Plans For Ancillary Health Care
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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