You are What You Eat!

1. Question & Research Task

The infographic linked on this page shows the importance of knowing the nutritional value of the food we put in our bodies every day.

Today, more than ever, we are bombarded with fitness and diet choices. Lifestyle choices that begin in youth have an important impact on adult health.

Nutrition Facts Label Infographic. Click the image to enlarge

Image Source: fda.gov

In this Slam Dunk, you will conduct brief, focused research to respond to the inquiry question:

How do your nutritional choices impact your quality of life?

2. Information Sources

Use these linked resources to gather information about food and nutrition:

- **Choose My Plate:** MyPlate illustrates the five food groups that are the building blocks for a healthy diet using a familiar image – a place setting for a meal.
- **Portion Distortion:** Serving Sizes, portions, and servings: What's the Difference? A portion is the amount of food that you choose to eat for a meal or snack.
- **How to read a nutrition food label**: The label-building skills on this site are intended to make it easier for you to use nutrition labels to make quick, informed food choices that contribute to a healthy diet.
- **Maintaining Healthy Eating Habits**: (video) a Discovery Education video segment called "Maintaining Healthy Eating Habits" from the video "The Human Condition: Food for Thought".
- **Dietary Guidelines**: (video) a Discovery Education video segment called "Dietary Guidelines" from the video "The Human Condition: Food for Thought".

Select the image above to view a Discovery Education video segment called "Carbohydrates, Proteins, and Fats".
Image taken from Discovery Education.

****Authenticate login to databases by selecting BCPS Digital Content in the Apps Portal.**

3. Student Activity

Download and use the Cornell Notes template to gather information relevant to the essential question using the information resources found on the slide 2.

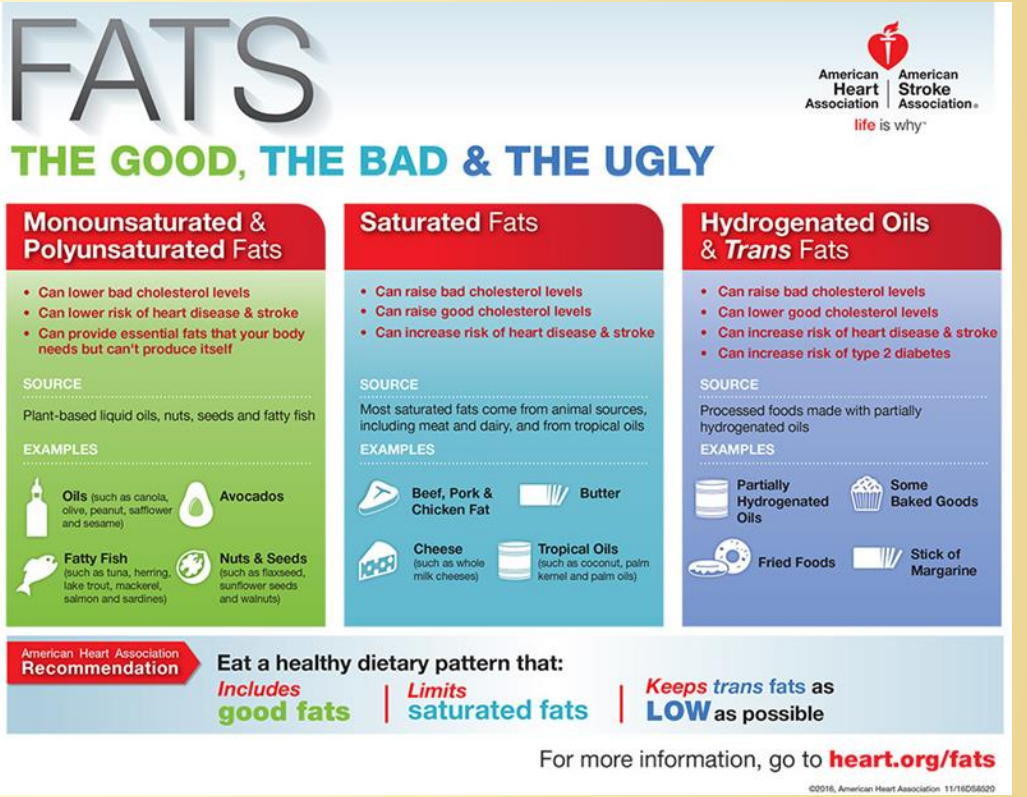
Select this link to download the Cornell Notes digital template:

Cornell Notes Digital Template

Think about the food choices that are presented to you on a daily basis.

Take notes to answer these questions:

- **What goals can you set to help you make better choices in terms of nutrition?**
- **What are your current strengths and weaknesses when it comes to nutrition?**



Select the image above to view an infographic about facts from the American Heart Association.

Image Source: AHA

4. Assessment Activity

How do your nutritional choices impact your quality of life?

Examine these links to discover different food health management tools:

- 8 Week Food and Physical Activity Log
- Reviews of Activity and Food Intake Logs
- Best Fitness Tracking Apps
- WebMD Food & Fitness Journal

Evaluate each of the tools listed with a brief explanation of how the tool is used and its advantages and disadvantages.

Choose a tool that you would like to use and explain why you chose that tool and what expectations you have for its use. Use the success criteria on this Rubric as a guide.

Use a presentation tool from this list to compile and present your findings.

- Google Slides
- Google Docs

Select the image above to view a larger scale infographic about cleaning up your diet.
Image take from Huffington Post.

5. Enrichment Activities

This image shows the American Heart Association recommendations for physical activity in kids. Select this image to visit the AHA website article about this recommendation.
Image taken from The American Heart Association.

Challenge yourself

Use the food tracker and physical activity tracker from slide 4 to track the food you eat and your physical activity for one whole week.

When the week is complete, reflect on your choices.

- **Do you feel you've made great food and activity choices?**
- **Do you feel that there is room for improvement?**
- **Did tracking your food and activity make you think about your choices?**

Write a journal entry or create an audio or video reflection that answers these questions.

If you would like to use a different kind of tracker, see your teacher for approval.

Example: a tracking app for your smart phone.

6. Teacher Resources

SLIDE NAVIGATION

Learning Standards Alignment

Maryland State Curriculum/Content Standards

BCPS Curriculum
Standard 3: Demonstrates the knowledge and skills to achieve to a health-enhancing level of physical activity and fitness.

S3.H13 Nutrition

S3.H13.L1 Designs and implements a nutrition plan to maintain an appropriate energy balance for a healthy, active lifestyle.

Common Core State Standards for English Language Arts & Literacy

Reading: 1. Read closely to determine what the text says explicitly and to make logical inferences from it; cite specific textual evidence when writing or speaking to support conclusions drawn from the text.

Writing: 7. Conduct short as well as more sustained research projects based on focused questions, demonstrating understanding of the subject under investigation.

AASL Standards Framework for Learners Inquire: Build new knowledge by inquiring, thinking critically, identifying problems, and developing strategies for solving problems.

Think: Learners display curiosity and initiative by:

I.A.2 Recalling prior and background knowledge as context for new meaning.

Create: Learners engage with new knowledge by following a process that includes:

I.B.1 Using evidence to investigate questions. I.B.3 Generating products that illustrate learning.

Share: Learners adapt, communicate, and exchange learning products with others in a cycle that includes:

I.C.1 Interacting with content presented by others.

Grow: Learners participate in an ongoing inquiry-based process by:

I.D.2 Engaging in sustained inquiry.

P21 Framework: 21st Century Student Outcomes

3. Information, Media & Technology Skills: Information Literacy: Access information efficiently and effectively; Use information accurately and creatively for the issue or problem at hand.
ICT Literacy: Use technology as a tool to research, organize, evaluate and communicate information.

High School Health & Physical Education

Objective: Students will be able to conduct brief, focused research in order to learn about how nutritional choices impact quality of life by examining and evaluating nutrition and fitness tracking tools.

Time Frame: 1 90 minute class period

Differentiation strategies for this lesson:

- Have students use learning supports provided in BCPS Digital Content in the Apps Portal.
- Refer to Digital Content Snapshot/Support pages as needed.

Notes to the teacher:

- Collaborate with your school library media specialist to plan Consider using the Schoology Assignment Apps feature to assign Microsoft and Google documents and files for students to access, edit, and submit through Schoology Teacher should preview all links for content.