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**24-25 Lesson Plan Template**  **Week 24: Nutrition** **Teacher: Dimas** **Subject: POHS**

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| **Week of:**  **02/10-14/25** | **Monday** | **Tuesday** | **Wed./Thurs.** | **Friday** |
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| **TEKS: 130.222** | **Nutrition:** MyPlate.gov   1. Students will document their food consumption fo the past three days on their MyPlate.gov personal Food Plan 2. Students will answer questions pertaining to their choice of food consumption meeting their individual goals on My Plate.gov. Submit in Canvas and answer questions. | **Nutrition:** Students will learn about eating disorders and take a quiz to determine and identify key components of each characteristic.   1. Students will learn key vocabulary and characteristics 2. Students will take a quiz about eating disorder trends. | **Nutrition:** Food Labels  Students will play a Game about reading food labels in pairs of  Two. A/B Partners.   1. Students will learn how to read a food label (introduction) 2. In partners, students will play a Scavenger hunt game about food labels**.** 3. Completion of the corresponding WS in groups of 2. | Students are out today. |
| **Learning Objective** | Above. | Above | Above |  |
| **Higher**  **Order Thinking Questions** | Why is it important to have a personal nutrition plan? | Why is eating disorders considered both a nutritional problem as well as a mental health concern? | Why is it important to read food labels and look for hidden ingredients? |  |
| **Agenda** | **-Do-Now**  (Interactive Notebook)Questions above. Turn and talk**.**  **-Chunk and Chew.** Complete the assignment in Canvas about MyPlate.gov  **-DOL** Completion of the MyPlate.gov assignment | * **Do Now-**(Interactive Notebook) * **CHUNK and CHEW :** terms, definitions; video * **DOL:** completion of the quiz | * **Do-Now** (Interactive Notebook Questions)   - **Chunk and Chew**: Food label YouTube video  -Food Label Scavenger hunt game.  DOL-Completion of the corresponding worksheet with 80-100% completion |  |
| **Demonstration of Learning** | Students will complete the MyPlate.gov personal meal plan Canvas assignment with 80-100% accuracy. | Completion of the eating disorder quiz with the students being about to identify trends and components of eating disorders by 80-100% accuracy. | DOL-Completion of the corresponding worksheet with 80-100% completion |  |
| **E student Intervention & Extension** | Homework and ICEV activity. | Homework Assigned. | Homework (ICEV) | Homework |