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| **Subject**: PPL2O | **Unit:** Healthy Living | | **Overall Expectations: C.2: Making Healthy Choices** |
| **Learning Goals:**  **C.2.1:** Explain how their knowledge of physical and emotional factors that influence personal eating habits can be applied to making healthy choices.  **C.2.1:** Assess nutritional implications of a variety of dietary choices, including those reflecting current dietary trends, and explain how they can make personal choices that will provide nutritional requirements for a healthy, active life. | | | |
| **Success Criteria:**  **I can** identify different types of diets and nutritional requirements associated with them  **I can** properly use the Canadian Food Guide to create a healthy diet  **I can** describe a variety of diseases associated with food consumption, nutrition and food intolerances/allergies  **I can** describe the effects of unhealthy diets and food processing that are currently popular  **I can** identify the nutritional needs of an athlete, and how nutrition can better prepare one for physical activity | | | |
| **Assessment Task(s)**:  POVG – Participation  Unit Test - Following Day | | **Materials:**  Projector  POVG handout | |
| **Planning Notes (Review class before test):**  **BEFORE (15 minutes)**  Review of what has been discussed in the course (Health Unit) over the past 2 weeks  🡪Food Guide, nutrients, sports/physical activity and nutrition, diets, diseases and food sources   * Create groups (3-4 students) to create POVG (Handout) about one of the food groups   🡪 Given a template students are to create at least 3 more questions about that food group and find the answers (online, textbook, class notes)  **DURING (40 minutes)**   * JEOPARDY   🡪 Divide the class into 3 teams  🡪 Be sure to discuss answers and concerns students may have while the game is going on  🡪 Manipulate questions as examples to further discuss testable material  **AFTER (15 Minutes)**   * Have students get into different groups with at least one person from a different food group to discuss findings and further develop knowledge about the food groups and associated questions. | | | |

POINT OF VIEW GUIDE

1.What food group are you?

2.What type of foods are in this group?

3.What type of nutrients(macro & micro) do you provide?

4.What constitutes a serving size?

5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?

6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?

7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?