

**VECC Health Education  
Grade 7  
Curriculum Guide 2007**

<b>Suggested Time Line</b> How much time will be spent on this learning	<b>Essential Questions and Content</b> What will be taught?	<b>NJCCC Standards</b> What state standards will be met by these objectives?	<b>Instructional Objectives</b> What will the students know or be able to do as a result of this instruction?	<b>Assessment</b> What evidence will I collect that demonstrate that the students have achieved the objective?	<b>Instructional Domain</b> How will the learning be structured?	<b>Instructional Activities</b> What will the students do to achieve the objective?
December  &  January	How can I know if I am getting proper nutritious meals?  What goes into developing a diet plan that will lead an individual to good health?	<b>2.1</b>  A: 1-4 B: 1-3 C: 1-4 D: 1-5 E: 1-5	Lesson 1: Dietary guidelines and the Life Cycle <ul style="list-style-type: none"> <li>Describe the ABC's of good health.</li> <li>Demonstrate the positive effects of a healthful diet.</li> <li>Construct a diet plan for a family that allows for differing dietary needs and includes adapting recipes for meal plans.</li> <li>Compare and contrast the dietary needs of family members at different stages of the life cycle.</li> </ul> Lesson 2: Consumer skills & meal planning <ul style="list-style-type: none"> <li>Summarize the factors that are important in responsible meal planning and shopping for a family.</li> <li>Design a demonstration to teach others the value of reading food labels on food products.</li> <li>Investigate and evaluate the effectiveness of your local grocery store in promoting good nutrition and meal planning.</li> <li>Compare unit prices at two different grocery stores and analyze possible reasons for the price differences.</li> </ul> Lesson 3: Eating Disorders <ul style="list-style-type: none"> <li>Identify healthful and unhealthful reasons for eating and explain what the consequences can be in certain eating disorders.</li> <li>Create role-play scenarios that show how stress and/or lack of self-worth can contribute to unhealthful habits.</li> <li>Set realistic goals to achieve a healthful energy balance in eating habits.</li> <li>Analyze resources that exist in the community for help with stress and other family problems.</li> </ul> Lesson 4: Food Handling <ul style="list-style-type: none"> <li>From information collected about how food is handled in restaurants for safety, make your own set of rules for safe food handling.</li> <li>For each of the steps in food handling, name a practice, which helps to protect yourself or others.</li> <li>Analyze food preparation and storage methods in your school cafeteria according to government regulations and school rules.</li> <li>Predict what might happen if there were no food handling rules.</li> </ul>	Students will be assessed through: <ul style="list-style-type: none"> <li>Personal participation in classroom and small group discussions</li> <li>Personal content &amp; organization of Health notebook</li> <li>Written assignments, projects, and reports                             <ul style="list-style-type: none"> <li>- Individual</li> <li>- Group</li> </ul> </li> <li>Unit Tests and Quizzes</li> </ul>	Learning will take place through: <ul style="list-style-type: none"> <li>Teacher led instruction</li> <li>Classroom discussions</li> <li>Group activities</li> <li>Graphic organizers</li> <li>Role Playing</li> </ul>	Student achievement will take place through: <ul style="list-style-type: none"> <li>Outlining of teacher led instruction and taking written notes</li> <li>Participation in classroom discussions</li> <li>Brainstorming activities</li> <li>Charting personal graphic organizers in:                             <ul style="list-style-type: none"> <li>Decision making</li> <li>Comparing and Contrasting</li> <li>Predicting Consequences</li> </ul> </li> <li>Creation of student made family meal plan</li> <li>Researching, reading, analyzing and writing about foods and the choices we make.</li> </ul>
“Eat Smart - Look Good”	Can reading food labels and ingredients really prevent the consumer from making poor nutritional choices? What will happen if they are ignored?  What leads to eating disorders and how can they be prevented?					

