MCMS Wellness

6th Grade

Allison McKern

**Unit: Balanced Health and Nutrition**

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**Long Term Learning Target: I can define the three aspects of balanced health and develop nutrition habits that positively impact my health.**

**(Lesson 1: Wellness Triangle)**

**Learning Targets: Language Targets**

I can read chapter one and write in answers on our “What is Wellness” worksheet.

I can write in and correctly label the three sides of the Wellness triangle.

Additional Learning:

I can complete a written health survey and write goals to positively impact my health.

**(Lesson 2: Understanding Wellness and Analyzing Influences)**

**Learning Targets: Language Targets**

I can read statements related to health and write down what area of health they positively impact.

I can read two real-life scenarios and write down how they can impact a person’s health.

Additional Learning:

I can create my own personal wellness triangle, writing or illustrating the three specific aspects of health.

**(Lesson 3: Essential Nutrients)**

**Learning Targets: Language Targets**

I can in read and listen to the powerpoint and write answers on my worksheet.

I can watch and listen to the “Types of Nurtients” animated video.

**(Lesson 4: Nutrition and Portion Distortion)**

**Learning Targets: Language Targets**

I can view the nutrition wheel and write down what types of food, and how many servings of each, my body needs each day.

I can view powerpoint and write in answers to the questions on my worksheet.

Additional Learning;

I can speak and participate in a class discussion about nutrition.