MCMS Wellness

8th Grade

Tyler Dube and Allison McKern

**Unit: Nourish**

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**Long Term Learning Target: I can explain our food systems, reflect on current food practices and explore sustainable options and actions**

**(Lesson 1: Nourish 26 minute Video, Worksheets, Review and “Nourish Means” short)**

**Learning Targets: Language Targets**

I can view the Nourish video and complete the worksheets.

I can view the Nourish Means short film and write a paragraph response.

Additional Learning:

I can interview a family member and write down our family food traditions.

**(Lesson 2: Family Food Traditions Interview Share Out and Analyzing Food Ads)**

**Learning Targets: Language Targets**

I can listen to my classmates share out about their family food traditions.

I can view and analyze food ads and complete the worksheet by writing down answers to questions.

Additional Learning

I can create an ad with my group, promoting a healthy and/or local food.

**(Lesson 3: Nourish Short Videos and Worksheet)**

**Learning Targets: Language Targets**

I can in view the short films and complete the worksheet.

I can respectfully discuss the videos and listen to questions from my peers and teacher/student responses.

Additional Learning:

I can complete the food ad with my group, promoting a local and/or healthy food item.