

# LESSON PLAN

## HEALTH & PHYSICAL EDUCATION

Teacher: Andrew Devanney

Unit Title; Lesson Title: Nutrition

Duration of class: 40 minutes

Number of students: 20

Grade level: 6

### SECTION A. (Overview)

**Rationale (importance of lesson):** Students need to be able to understand factors that can have an effect on their food decisions.

**Anticipated difficulties and how they will be addressed:** Students being able to easily understand the concepts being explained. This will be addressed by going over it a couple times and making sure each student understands the material.

**Resources, Equipment and Materials:** List of content in popular food items

### SECTION B. (Objectives, CPIs & Assessment)

**NJCCCS: 2.1 Wellness:** All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.

**CPI: 2.1.6.B.1-** Determine factors that influence food choices and eating patterns.

Lesson Objective (CPI)	Student Assessment
Psychomotor: Students will be able to demonstrate that they can make healthy food choices.	Students will make a food journal of what they ate the previous day so they can see the food choices they make first hand.
Cognitive: Students will be able to distinguish between macronutrients and micronutrients.	Students will be assessed with a quiz on what the macronutrients and micronutrients are and be able to describe them.
Affective: Students will be able to understand why knowing the macronutrients and micronutrients will factor in their food choices.	Students will make a list on how their food choices that they make can affect their lives.

### SECTION C. (Learning Activities & Instructional Strategies\*)

Time Line:	Lesson Content, Procedures (management, transitions), & Instructional Strategies – <i>Include introductory activities, learning focus activities, culminating activity &amp; closure</i>
5 mins	Introduce the macronutrients and micronutrients to class by describing what each are. Ask students what they think these are. Also, ask class of foods they think are high or deficient in macronutrients or micronutrients.
15 mins	Discuss the types of macronutrients and micronutrients and how they affect the body. A macronutrient is a type of food required in large amounts in the human diet. The macronutrients consist of fats, proteins, and carbohydrates. A micronutrient is a chemical element or substance required in trace amounts for the normal growth and development of organisms. The micronutrients consist of vitamins and minerals.
10 mins	Students will participate in an activity where they will make a food journal of their meal from the previous night. I will then provide students with a list of foods many people eat so they can see the macronutrient and micronutrient contents in them. These foods will include

# Adapted Health Lesson Plans

**Xiang Xie**



### **Adapted Health Lesson Plans:**

**Teaching Today's Health** David Anspaugh, Gene Ezell, 2024-10-10 Teaching Today's Health Tenth Edition balances comprehensive theory with a wealth of effective classroom activities to give readers the tools they need to become successful health educators. This book's strong background and depth in teaching methods prepares the reader for the challenges of today's teaching environment. Meaningful content enhancements include expanded coverage of bullying and obesity, body systems and substance abuse, and a new Creativity in the Classroom feature and an Index of Strategies. Important currency updates include a significantly updated nutrition chapter with new MyPlate and 2010 Dietary Guidelines and more technology coverage. Helpful Companion Website includes all Worksheets available in PDF form for easy copying to hand out to students in class and a new easy-to-reference Glossary. Priced significantly less than other books in the market, this attractive two-color book provides a great value to readers.

**KEY TOPICS** The Need for Health Education, The Role of the Teacher in Coordinated School Health Programs, Planning for Health Instruction, Strategies for Implementing Health Instruction, Measurement and Evaluation of Health Education, Mental Health and Stress Reduction, Strategies for Teaching Mental Health and Stress Reduction, Body Systems, Personal Health, Strategies for Teaching Body Systems and Personal Health, Sexuality Education, Strategies for Teaching Sexuality Education, Substance Use and Abuse, Strategies for Teaching About Substance Use and Abuse, Infectious and Noninfectious Conditions, Strategies for Teaching About Infectious and Noninfectious Conditions, Nutrition, Strategies for Teaching Nutrition, Injuries, Accident and Violence Prevention, Strategies for Teaching About Injuries, Accident and Violence Prevention, Consumer Health, Strategies for Teaching Consumer Health, Aging, Dying and Death, Strategies for Teaching About Aging, Dying and Death, Environmental Health, Strategies for Teaching Environmental Health.

**MARKET** Intended for those who want to gain a basic knowledge of Health Education Methods.

**Understanding Personal, Social, Health and Economic Education in Secondary Schools** Jenny McWhirter, Nick Boddington, Jenny Barksfield, 2016-10-19 This book provides an overview essential for a proper understanding of effective approaches to PSHE education in secondary education and the valuable role it can play in promoting the health and wellbeing of adolescents. Coverage includes the importance and scope of PSHE education, the theory and research evidence for effective practice in the secondary school, school structures which support effective teaching and learning in PSHE education, assessment for and of learning in PSHE education, the role of visiting experts in PSHE education, overlaps with pastoral and therapeutic support.

**The Mental Health and Wellbeing Handbook for Schools** Clare Erasmus, 2019-05-21 This book lays out an intuitive and practical approach to mental health and wellbeing that any school can adopt to transform their mental health support for students. With a focus on providing staff with practical tools on a limited budget, the book helps schools make a real difference to student mental health. It sets out a roadmap for staff to create robust mental health support for students without requiring qualifications in psychology or counselling. It covers key areas including staff training, creating

safe spaces for wellbeing and how to harness the support of parents and the local community It also includes practical advice for addressing concerns such as stress self harm and body image From small everyday improvements that foster a culture of mental wellbeing to whole school campaigns this book shows how to embed mental health at the heart of a school s philosophy **Health Education Lesson Plans for Japanese Senior High Schools** Mitsuyo Terada,1997

**Connecting Self-regulated Learning and Performance with Instruction Across High School Content Areas**

Maria K. DiBenedetto,2018-07-23 This book shows how principles of self regulated learning are being implemented in secondary classrooms The 14 chapters are theoretically driven and supported by empirical research and address all common high school content areas The book comprises 29 lesson plans in English language arts natural and physical sciences social studies mathematics foreign language art music health and physical education Additionally the chapters address students with special needs technology and homework Each chapter begins with one or more lesson plans written by master teachers followed by narratives explaining how the lesson plans were implemented The chapters conclude with an analysis written by expert researchers of the self regulated learning elements in the lessons Each lesson and each analysis incorporate relevant educational standards for that area Different types of high schools in several states serve as venues This powerful new book edited by Maria K DiBenedetto provides a unique and invaluable resource for both secondary teachers and researchers committed to supporting adolescents in the development of academic self regulation Each chapter is jointly written by teachers who provide a wealth of materials including lesson plans and researchers who situate these lesson plans and academic self regulation goals within the larger work on self regulation The topics covered are far broader than any other book I have seen in terms of developing academic self regulation covering over a dozen content areas including literacy mathematics social studies the sciences and the arts Teachers and scholars alike will find this book a must read Karen Harris EdD Arizona State University A practical and magnificent blend of educational research and application This book goes beyond presenting the findings of research on self regulation by connecting detailed strategies that align with the standards to the research DiBenedetto et al clearly illustrate how to develop self regulated learners in the classroom A refreshing must read for all secondary educators and educational researchers seeking to be well grounded in education research and practical application techniques Heather Brookman PhD Fusion Academy Park Avenue Self regulated learning is a research based process by which teachers help students realize their own role in the learning process Connecting Self Regulated Learning and Performance with Instruction Across High School Content Areas consists of model teachers lessons and analyses by prominent educational psychologists in the field of self regulated learning The book provides teachers with the tools needed to increase students awareness of learning and inspires all educators to use self regulated learning to promote engagement motivation and achievement in their students The book also provides administrators with the principles needed to infuse evidenced based self regulated learning into their curriculum and instruction I highly recommend the book Marty

Richburg Northside High School     Lewis's Adult Health Nursing I & II (2 Volume Edition) with Complimentary Textbook of Professionalism, Professional Values and Ethics including Bioethics - E-Book Malarvizhi S.,Renuka Gagan,Sonali Banerjee,2023-12-12 The second South Asia edition of Black s Adult Health Nursing I II including Geriatric Nursing has been comprehensively updated to suit the regional curricula for undergraduate nursing students This book will help student nurses to acquire the knowledge and skill required to render quality nursing care for all common medical and surgical conditions The contents have been made easy to understand using case studies concept maps critical monitoring boxes care plans and more This text provides a reliable foundation in anatomy and physiology pathophysiology medical surgical management and nursing care for the full spectrum of adult health conditions and is richly illustrated with flow charts drawings and photographs and South Asian epidemiological disease data for better understanding of the subject Integrating Pharmacology boxes help students understand how medications are used for disease management by exploring common classifications of routinely used medications Review questions have been added to all the units within this book This second South Asia edition will be a valuable addition to every student nurse s bookshelf given the revisions and modifications undertaken in line with the revised Indian Nursing Council INC curriculum Translating Evidence into Practice boxes Thinking Critically questions Integrating Pharmacology boxes Bridge to Critical Care and Bridge to Home Health Care boxes Feature boxes highlighting issues in Critical Monitoring Management and Delegation boxes Genetic Links Terrorism Alert and Community Based Practice boxes Physical Assessment in the Healthy Adult and Integrating Diagnostic Studies boxes Safety Alert icons Digital Resources available on the MedEnact website     **Health and Physical Education for Elementary Classroom Teachers** Retta R. Evans,Sandra K. Sims,2016-03-11 In elementary schools across the United States teachers are often tasked with teaching health education or physical education although they may not have specialist training Health and Physical Education for Elementary Classroom Teachers An Integrated Approach is the perfect resource for these educators It covers both health and physical education while giving current and preservice teachers the skills to deliver appropriate lessons to their young students Retta Evans and Sandra Sims respected educators and physical education advocates provide everything teachers need in order to seamlessly incorporate health education and physical education into an integrated curriculum Based on national health education physical education and state specific academic standards including the Common Core state standards this is a guide that will help teachers empower elementary students to become healthy and active The text is complemented with a full suite of ancillary products Sample syllabus and course outline Chapter resources including an overview outline review questions with answers and learning activities Chapter questions to help in creating quick assessments of student learning or in building custom tests Approximately 150 slides to reinforce key points The text also features lab exercises that allow students to practice the material they are learning including designing their own standards based lesson plans that integrate health and physical education By learning the essential knowledge and

using the invaluable strategies in this book every teacher will be equipped to create a healthy and active school environment that maximizes student achievement Health and Physical Education for Elementary Classroom Teachers is organized into two parts each dedicated to different components of incorporating health and physical education into the elementary classroom Part I focuses on the foundational knowledge needed for teaching health and physical education It addresses the health risk behaviors of today s generation of students a team approach to coordinated school health how physical growth and brain development in children are related to health and the many characteristics and benefits of a high quality physical education program Part II emphasizes the strategies necessary for incorporating health physical education and physical activity into the curriculum and school day It discusses how teachers can become advocates of healthy and active schools identify habits that promote everyday health in the classroom and incorporate physical activity and the national standards into each school day It also presents teaching methods assessment tools and evaluation strategies to ensure teaching success Throughout this book practicing and training teachers will find websites tips for best practices sample lesson plans and tables with innovative strategies The result is a great resource that teachers can use to fulfill what is both a tremendous responsibility and a unique opportunity promoting health and wellness in the elementary classroom using an integrated approach **Manchester**

**Health Lectures for the People**, 1884 Physical Examination and Health Assessment - Canadian E-Book Carolyn Jarvis, 2023-03-14 Learn how to take a clear logical and holistic approach to physical examination and health assessment across the lifespan Using easy to follow language detailed illustrations summary checklists and new learning resources Physical Examination Health Assessment 4th Canadian Edition is the gold standard in physical examination textbooks This new edition reflects today s nursing practice with a greater focus on diverse communities evidence informed content throughout and new and enhanced case studies focusing on critical thinking and clinical judgement It s easy to see why this text is 1 with Canadian nursing students Approximately 150 normal and abnormal examination photos for the nose mouth throat thorax and pediatric assessment give you a fresh perspective on these key system examinations with cultural diversity and developmental variations Social determinants of health considerations cover the shifting landscape of Canada s populations with strategies for integrating social economic and ethnocultural diversity into students health assessments Assessment strategies relevant to Indigenous populations harm reduction nutrition and transgender persons inform practitioners on respectful complete care Sectional colour bars segment body systems according to content Structure and Function Subjective Data Objective Data Documentation and Critical Thinking Abnormal Findings Documentation and critical thinking sections provide real world clinical examples of specific patients and how to document assessment findings Abnormal findings tables help you recognize sort and describe abnormalities Separate chapter on pregnancy provides a thorough foundation for assessing the pregnant patient Developmental Considerations sections highlight content specific to infants children adolescents pregnant individuals and older adults Content covering the electronic health record charting and

narrative recording provides examples of how to document assessment findings Two column format distinguishes normal findings from abnormal findings and uses full colour step by step photos to clarify examination techniques and expected findings Promoting Health boxes focus on this key aspect of Canadian health care Summary checklists offer reviews of key examination steps

**The MEDEX Primary Health Care Series** ,1982 *Virginia pamphlets* ,1928 **County Government in Virginia** Bureau of Municipal Research (New York, N.Y.),1928 *Grade Teacher* ,1930 **The Public Health Nurse** ,1918 **The Journal of Health and Physical Education** ,1930 *Midland Schools* ,1926 **Catalogue** University of Maryland, College Park,1920 Herald of Health ,1879 Catalogue Johns Hopkins University. College for Teachers,1930 *Journal of Health, Physical Education, Recreation* ,1961

## Whispering the Strategies of Language: An Emotional Quest through **Adapted Health Lesson Plans**

In a digitally-driven earth where monitors reign supreme and instant connection drowns out the subtleties of language, the profound secrets and psychological subtleties concealed within words frequently move unheard. Yet, situated within the pages of **Adapted Health Lesson Plans** a charming fictional prize sporting with raw thoughts, lies an exceptional journey waiting to be undertaken. Penned by a talented wordsmith, that wonderful opus attracts visitors on an introspective trip, lightly unraveling the veiled truths and profound influence resonating within ab muscles material of each word. Within the emotional depths of this emotional review, we will embark upon a genuine exploration of the book is primary styles, dissect their captivating publishing style, and succumb to the strong resonance it evokes deep within the recesses of readers hearts.

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