

# The Unit Organizer

④ BIGGER PICTURE

NAME \_\_\_\_\_  
DATE \_\_\_\_\_

To obtain optimal health status you must pay attention to getting nutrients your body needs

② LAST UNIT /Experience

**Middle School**

①

CURRENT UNIT

**Nutrition**

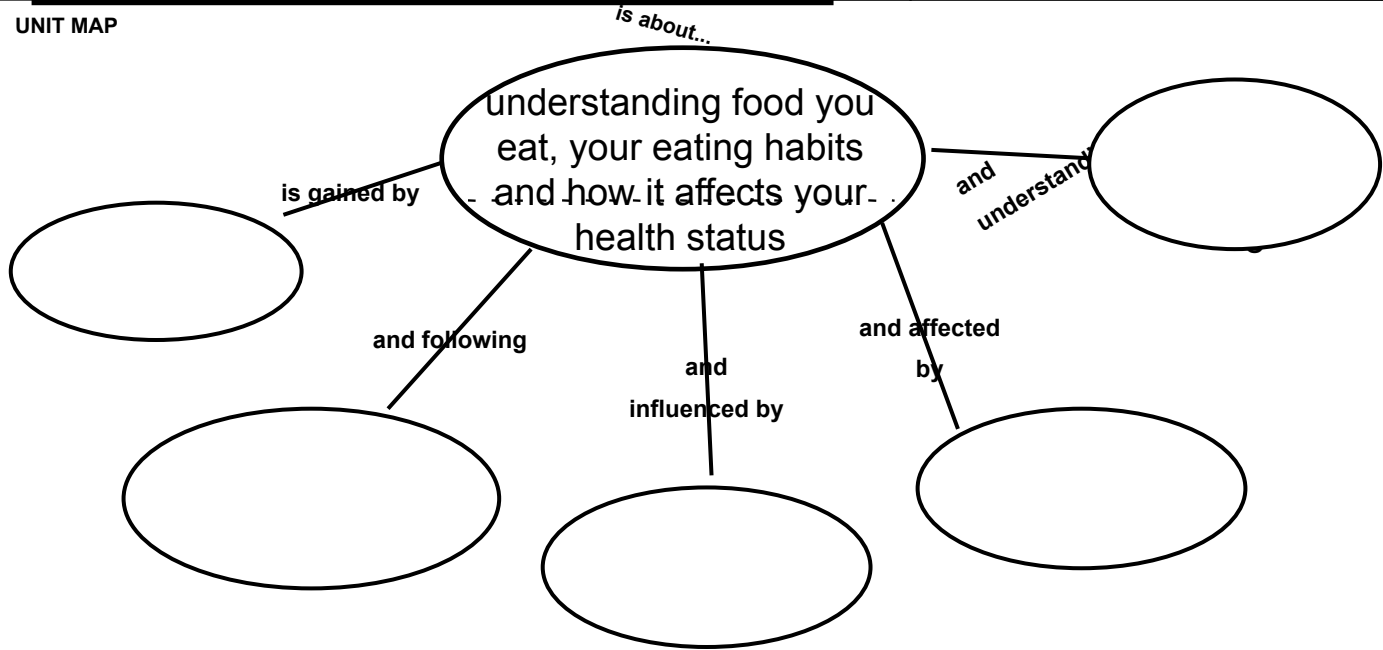
③ NEXT UNIT /Experience

**Enviro Health**

⑧ Unit Assignments

⑤ UNIT MAP

Student Grades



UNIT SELF-TEST QUESTIONS

⑦

1. How do you identify and classify the six essential nutrients your body needs daily?
2. How are food groups arranged on the myplate initiative? \*\* how does that inform their food decisions\*\*
3. Why is it important to balance your caloric intake with your physical activity?
4. How can you determine the serving size for food by just reading the food label?
5. How can teens reduce the risk of developing diseases such as osteoporosis through the foods that they eat?
6. How might germs be spread when you cross contaminate in the kitchen?
7. How is desirable weight and body composition determined?
8. How do teens with anorexia differ from teens with bulimia?

Clustering

Examples

Advantages/  
Disadvantages

Problem &  
Solution

⑥

UNIT RELATIONSHIPS

# The Unit Organizer

# Nutrition

NAME \_\_\_\_\_

DATE \_\_\_\_\_

9 Expanded Unit Map

## Student example....

is about...

