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| MONDAY  Fall Break | **Standards** |
| TUESDAY  Pass out myplate packet  Share  ***food labels*** *discussion and worksheet*  *get a label from the tray and complete the label worksheet* | **Standards NW 2.5**  Go to [www.foodsafety.gov](http://www.foodsafety.gov) investigate foods to avoid when pregnant, list 3 |
| WEDNESDAY  One hour convo  Introduction: Ch 4 Nutrition & fitness throughout life PPT  *How might nutritional needs change during a lifetime?*  Lesson: Ch 4 PPT – nutrition in infancy and preschool  Conclusion: | **Standards**  **NW 2.5**  **BellRinger**  How much of each food group should a pregnant woman increase her daily need by? |
| THURSDAY  Lesson: Fitness and nutrition – preschool to adult  Conclusion: Review ….Plan a menu for a preschooler, a teenage boy , and a 35 year old mom – due tomorrow | **Standards**  **NW 2.5**  Bell Ringer Which of the following items on a restaurant menu is likely to be the best choice for a low-fat side dish?   1. mashed potatoes and gravy 2. steamed broccoli with cheese sauce 3. French fries 4. Sliced tomatoes sprinkled w fresh herbs |
| FRIDAY  Assign nutrition label webquest <http://zunal.com/process.php?w=116020>  Each student should download the app MyFitnessPal, tracking food and label information until Tuesday  Lesson: Nutrition and the older years ……PPT  Conclusion: Review of ch 4…quizlet review of chapters 1-4  Everyone request to be on the site! | **Standards**  **NW 2.5**  **Name 3 benefits of breast milk** |