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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 convoIntroduction: Ch 4 Nutrition & fitness throughout life PPT*How might nutritional needs change during a lifetime?*Lesson: Ch 4 PPT – nutrition in infancy and preschoolConclusion:  | **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 adultConclusion: 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
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| 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 TuesdayLesson: 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** |