

6th Grade Health 9/21/18

EQ: What does it mean to have a healthy diet?

CW: Class Wordle

HW: No HW

Agenda

1. Nutrition Discussion

2. Wordle

Think-Pair-Share

What do you think makes a food nutritious?

How do you know if a food is healthy?

What percentage of children and teens do you think are eating fast food on any given day?

About A Third Of U.S. Kids And Teens Ate Fast Food Today (34%)

"About 34 percent of all children and adolescents, aged 2 to 19, consume fast food on a given day,"

In other words, every day about 1 in 3 kids in the U.S. is chowing down on fries, burgers, pizza or other fast-food favorites.

How many pounds of sugar do you think the average person eats in a year?



What do you think of when you think of a healthy diet?

Individual Work

Take two minutes to write 10 ideas on post-its.

One idea per post-it

Goal - 10 post its

What do you think of when you think of a healthy diet?

Group Work

Collaborate - Discuss with tablemates the words/phrases you produced.

Try to put them into groups

