

6th Grade Health

EQ: What have I learned about nutrition?

CW: Nutrition Projects

HW: Work on Nutrition Project at home as needed

Agenda

1. Tip of the day
2. Project Work Time



Cycling Nutrition #3

Muscles need carbs and protein to recover.

Eat within 15 minutes after exercise.

Try a peanut butter and jelly sandwich



<https://www.youtube.com/embed/ISZLTJH5IYg>

Health Research Project

Due at start of class Tuesday 10/30/18

Option 1: Recipe Analysis

Find a favorite recipe for a food you wish to make. Make a visual aide for the recipe, such as a video, PowerPoint, poster, etc. Be creative! Analyze the nutrition facts for the recipe using online resources (search nutrition calculator for recipe analysis using [google](#)). Make the recipe at home and report to the class a summary of how it went, tasted, number of servings, etc. This information must be part of your visual aide. I expect you to calculate this, either by hand or using [an](#) online recipe calculator. DO NOT simply read the nutrition information off the label.

- Servings per recipe
- Calories per serving
- Fat per serving
- Sugars per serving
- Protein per serving
- Short summary of how it went, tastes etc.
- Healthy or unhealthy and your recommendation about eating it (is it a sometime food?).
- Extra information: Where did the recipe come from? What's interesting about this recipe?

Option 1: Recipe Analysis

Attribute	Description	Points Available	Points Awarded
Visual Aide	Lists recipe ingredients and instructions	2	
	Neatness and Creativity	2	
Nutrition Analysis	Servings per recipe, Calories, Fat, Sugar and Protein per serving	5	
Recipe Preparation	Explanation of how cooking went, what worked well, what didn't work well, future recommendations	6	
Use of <u>classtime</u> /teamwork		5	
Presentation	Well thought out/ Evidence of Effort	2	
Presentation	Prepared and knowledgeable	3	
		Total Points: 25	

Option 2: Special Diets Research

Decide to research an unusual diet. For example: Vegetarian, Paleo, Gluten-free etc.

Define what the diet entails and how common it is. Why would people choose to follow this diet? Does the diet ensure that you get all six nutrients? (Carbohydrates, Proteins, Fats, Vitamins, Minerals and Water).

List 10 facts to know about the diet, with school appropriate visuals. Make a PowerPoint, poster, or other visual with the information on it. Present it to the class.

Option 2: Special Diet Research

Attribute	Description	Points Available	Points Awarded
Visual Aide	Topic and Definition		
	Neatness and Creativity	2	
Primary Research	Why would people choose this? How common is it? How do people get nutrients?	8	
	What else is important to know?	2	
	10 other facts	3	
Use of <u>classtime</u> /teamwork		5	
Presentation	Well thought out/ Evidence of Effort	2	
Presentation	Prepared and knowledgeable	3	
		Total Points: 25	

Option 3: Nutrition Research

Choose a topic and have it approved by your teacher. Possible topics include the importance of vitamins, food allergies, Fast food health facts, or the best foods for building muscle. Or, come up with your own! (Must be approved by Ms. Connors)

Tell us about the topic by writing a brief introduction or definition. List 10 facts or details about your topic, along with appropriate visuals. Make a presentation of your choice- Video, power point, poster, model, book, etc. Present it to the class.

Option 3: Nutrition Research

Attribute	Description	Points Available	Points Awarded
Visual Aide	Topic and Definition		
	Neatness and Creativity	2	
Primary Research	Content determined by student	8	
	What else is important to know?	2	
	10 other facts	3	
Use of <u>classtime</u> /teamwork		5	
Presentation	Well thought out/ Evidence of Effort	2	
Presentation	Prepared and knowledgeable	3	
		Total Points: 25	

Research Work Time

Quiet work time - work on posters/slides/video editing.

If no work to do in class do the following Nearpod Activity:

LIOSM