

6th Grade Health

EQ: How many calories are in Fast Food?

CW: Fast Food Posters

HW: No HW

Agenda

1. Question of the day
2. Mindful minute
3. What happened when I ate healthy for a week
4. Fast Food Posters

Open Ended Question

Write silently for three minutes: If you could be anything, real or not, what would you be and why?



<https://www.youtube.com/embed/UXoRAtXb6KE>



<https://www.youtube.com/embed/Vbm-uJ8msgc>



What is the connection between salt and fast food?

Why do you think fast food companies add so much salt to their food?

Collaborate!

What is the connection between salt and fast food?



Collaborate!

How many calories do you think is in a whole pineapple?

Pineapples

Fruit



The pineapple is a tropical plant with an edible multiple fruit consisting of coalesced berries, also called pineapples, and the most economically significant plant in the Bromeliaceae family. [Wikipedia](#)

Nutrition Facts

Pineapple

Amount Per 1 fruit (905 g)

Calories 452

Required elements: Two fast food meals – each with at least 3 items. Calorie counts for each item and total calorie counts for each meal.

Labels: One meal should be labeled “Unhealthy” and the other meal should be labeled “Healthier”.

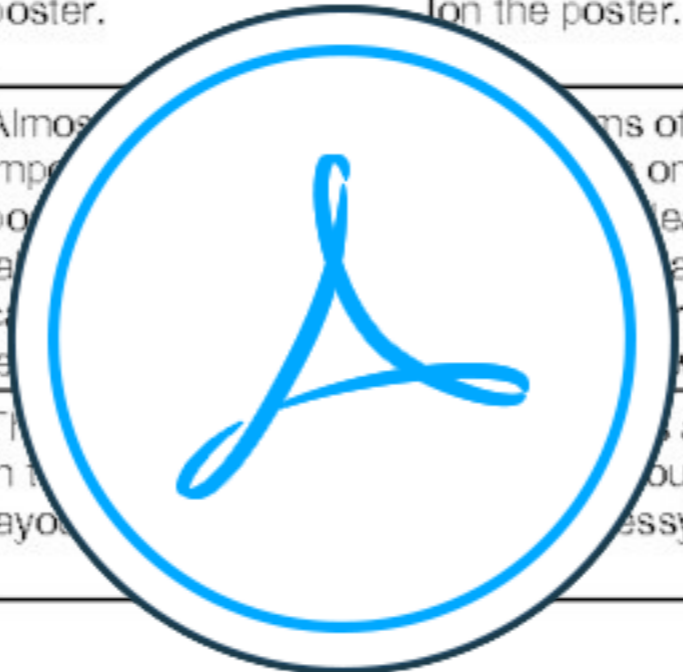
The unhealthy meal should be the one with the higher total calorie count. Items in each meal should be labeled and easy to read.

Attractiveness: Poster should reflect student’s best effort and time. It should be in colored in and effort should be evident.

Fast Food Poster Rubric: **Poster due in class Friday 1/17**

Student Name _____ Class Period: _____ Points _____/15

| CATEGORY | 5 | 4 | 3 | 2-0 |
|--------------------------|---|--|--|--|
| Required Elements | The poster includes all required elements as well as additional information. | All required elements are included on the poster. | All but 1 of the required elements are included on the poster. | Several required elements were missing. |
| Labels | All items of importance on the poster are clearly labeled with labels that can be read from at least 3 feet away. | Almost all items of importance on the poster are clearly labeled with labels that can be read from at least 3 feet away. | Most items of importance on the poster are clearly labeled with labels that can be read from at least 3 feet away. | Labels are too small to view OR no important items were labeled. |
| Attractiveness | The poster is exceptionally attractive in terms of design, layout, and neatness. | The poster is attractive in terms of design, layout, and neatness. | The poster is acceptable in terms of design, layout, and neatness, though it may be messy. | The poster is distractingly messy or very poorly designed. It is not attractive. |



Required elements: Two fast food meals – each with at least 3 items. Calorie counts for each item and **total** calorie counts for each meal.

<https://cf.nearpod.com/neareducation/new/Webpage/413550148/iconoriginal.pdf?AWSAccessKeyId=AKIAINYAGM2YWP2OWQBA&Expires=2147483647&Signature=XVVtmGujYM6vHRxseDdCb2EZ0qk%3D>

Attractiveness: Poster should reflect student's best effort and time. It should be in colored in and effort should be evident.