**-Unit 2 - Eat Smart, Live Well Layered Curriculum Experiences**

**All work must look professional, neat, organized, colorful, and easy to follow.**

**Level 1 - Basic Learning and Skills Activities**

**Choose activities to earn a maximum of 20 points**

**A=18 Points; B=16 Points; C=14 Points; D=12 Points**

**Due Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** (end of class)

\_\_\_\_\_ Guided note taking – video or lecture, PPT (**required**) (3 points)

\_\_\_\_\_ List at least and have pictures for 10 different physical activities that promote heart health (computer generated) (3 points)

\_\_\_\_\_ Create flash cards/online flashcards for the vocabulary in this unit, 4 words from each color coded section (5 points)

\_\_\_\_\_ Create a crossword puzzle and answer key for the vocabulary in this unit, 4 words from each color coded section (5 points)

\_\_\_\_\_Create a multiple choice quiz and answer key for the vocabulary in this unit, 4 words from each color coded section (computer generated) (5 points)

\_\_\_\_\_ Create a visual representation of the recommended number of daily servings and serving sizes for each food group in My Plate. (5 points)(Computer generated)

\_\_\_\_\_ Create a mobile showing a balanced breakfast, lunch, and dinner according to the MyPlate recommendations for a person your age (8 points)

\_\_\_\_\_ Create a graphic organizer of the benefits and challenges of 3 different weight loss fads/diets/apps (8 points)

\_\_\_\_\_ Create a visual aid of 5 factors that affect nutritional needs at each stage of the life cycle. (baby, child, teenager, adult and old age) (Computer generated) (8 points)

**Level 2 - Application Activities** **Choose activities to earn up to 30 points**

**A=28 Points; B=24 Points; C=20 Points; D=18 Points**

**DUE date:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (end of class)

\_\_\_\_\_ Summarize the advice offered in the Dietary Guidelines for Americans (5 points)

\_\_\_\_\_ List what you ate yesterday; highlight those items for 3 special diets (e.g. vegetarian, vegan, lactose intolerant, gluten-free, diabetic, food allergies (strawberries, nuts, etc.) that would have to be substituted (computer generated) (8 points)

**\_\_\_\_\_** Compare 3 food labels of similar products, create a graph to show the nutritional values and write a paragraph stating which you think is healthiest and why. (10 points)

\_\_\_\_\_ Create a brochure explaining how to select and purchase the 20 most nutritional foods (10 points)

\_\_\_\_\_ Keep a food log and activity journal for 3 days, than analyze your own eating habits based on nutritionally sound principles. Write a paragraph or two stating what you could change to make your diet healthier. (10 points)

\_\_\_\_\_ Create a visual aid showing how long it will take to burn off 3 different foods using 5 different physical activities (10 points)

\_\_\_\_\_ Use the Occupational Outlook Handbook to research 3 careers related to diet and nutrition. Write a reflection essay stating which most interests you and why. (10 points)

\_\_\_\_\_ Use current issues of magazines/newspapers to find 3 different articles related to current issues in nutrition, and summarize the key points of each. (Computer generated) (10 points)

\_\_\_\_\_ List at least 3 advantages and disadvantages for each of 3 different countries’ food guides or create a Venn diagram showing similarities and differences for 3 different countries’ food guides (10 points)

\_\_\_\_\_ Interview someone who has made nutritional changes to their diet (with a minimum of 10 questions), summarize their journey and suggest how it could apply positively to your life (10 points)

\_\_\_\_\_Visit Del Val/farmers’ market and create a Photostory, video, PPT or other visual representation of locally grown/seasonal fruits and vegetables (15 points)

**Level 3 - Analyzing Activities Choose 1 activity to earn up to 50 points**

**A=48 Points; B=44 Points; C=40 Points; D=36 Points**

**DUE date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** (beginning of class)

\_\_\_\_\_ Recreate 1 meal from the chain restaurant with healthier ingredients. Bring in a sample along with the ingredients and justification of your creation.

\_\_\_\_\_ Find 3 examples of deceptive food-related advertising for chain restaurants/products; analyze how information is presented to the target audience and refute false claims.

\_\_\_\_\_ Create a video of a public service announcement for 1 of the following choices:

* Compare the pros and cons of 5 convenience foods versus 5 homemade foods
* Portion sizes and healthy weight
* Vegans versus vegetarians
* Shopping for nutritional foods
* Healthy restaurant/cafeteria eating