

Pacing Guide: Fitness and Wellness					
Content and Duration	Content Expectation (GLCE/HSCE)	Student Learning Targets	Content Vocabulary	Required Activities	Common Assessments and Rubrics
Week 10	<p>HECS#1.1</p> <p>-All students will identify factors that determine body shape and contribute to a person's image and self concept.</p> <p>-Examine the importance of having a positive body image.</p> <p>- Review the food groups and the recommended amounts to be eaten from each group.</p>	<p>-I will have positive body image.</p> <p>-I will know the 5 food groups and the recommended amount per day.</p> <p>-I will understand the application of good nutrition and how it is beneficial to the physical and emotional well-being of a teenager.</p>	<p>Body Image</p> <p>Weight control</p> <p>Nutrition</p> <p>Food Groups</p> <p>Healthy choice</p> <p>BMI</p> <p>Body Fat</p>	<p>What do you think</p> <p>Nutrition Basics</p> <p>Foods to consider</p> <p>Making it a healthy choice</p>	Nutrition Test
Week 10	<p>HECS #1.2</p> <p>All students will Examine the formula for weight management. Review the definitions for "nutrient dense" and "high fat."</p> <p>-Apply the formula for weight management to hypothetical situations teenagers face.</p> <p>-Prepare meal plans applying their knowledge of nutrition.</p>	<p>-I will know that food and beverage intake + energy input = weight.</p> <p>-I know that nutrient dense is important in determining my diet.</p> <p>-Increase activity and decrease caloric intake = weight loss</p> <p>-Using the food group and nutrient dense formula I will create a meal plan</p>	<p>Energy Output</p> <p>Nutrient Dense</p> <p>High fat</p> <p>Healthy choice</p> <p>High sugar</p> <p>Preservative</p>	<p>A case of weight management</p> <p>Formula for weight management questions.</p> <p>Foods to consider</p> <p>Food label review</p> <p>Week long meal plan</p>	Nutrition Test
Week 11	<p>HECS#1.3</p> <p>-Distinguish between facts and myths surrounding weight loss.</p> <p>-Prepare a healthy weight loss plan that incorporates exercise and a nutritious diet.</p>	<p>-Proper weight control.</p> <p>-I will prepare a healthy weight loss plan with exercise and healthy foods.</p>	<p>Body fat</p> <p>Caloric intake</p> <p>Calories</p> <p>Saturated fat</p> <p>Enriched</p> <p>Carbohydrates</p>	<p>Weight loss facts</p> <p>Solutions to diet dilemmas</p> <p>Nutrition advice for Charlie</p>	Nutrition Test
