

The Unit Organizer

④ BIGGER PICTURE

NAME Linda McClanahan

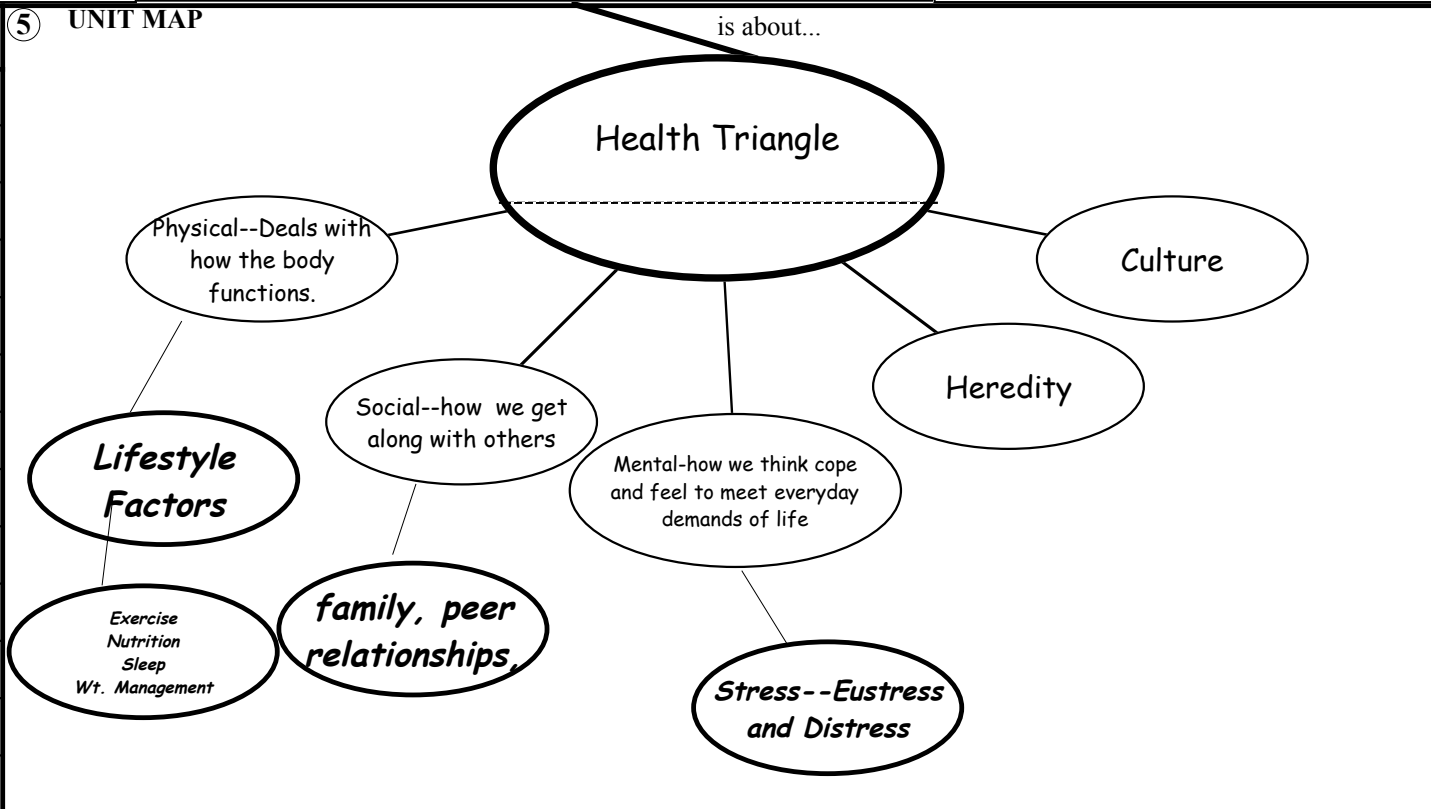
DATE Jan. 19-23, 26-30 2015

Making Healthy Lifestyle Choices

② LAST UNIT/Experience	① CURRENT UNIT Health Triangle	③ NEXT UNIT/Experience Relationships
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⑧ UNIT SCHEDULE

Learning style inventory
A look at me.
Health triangle lecture
Evaluate your triangle
Evaluate healthy and un healthy triangles.
Lifestyle Choices
Cultural and Heredity
TrustPaper
Chapter 1 Quiz



⑦ UNIT SELF-TEST QUESTIONS

What are the parts of the health triangle?
 Differentiate between health and wellness.
 Explain influences on health --heredity, environment, culture, family, peers.
 Experience and explain how trust worked and works in your life.
 How balanced is your triangle.
 How do your lifestyle choices affect your total health.

⑥ UNIT RELATIONSHIPS

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The Unit Organizer

④ BIGGER PICTURE

NAME Linda McClanahan

DATE Feb. 2-6, 9-13 2015

Making Healthy Lifestyle Choices

② LAST UNIT/Experience
Health Triangle

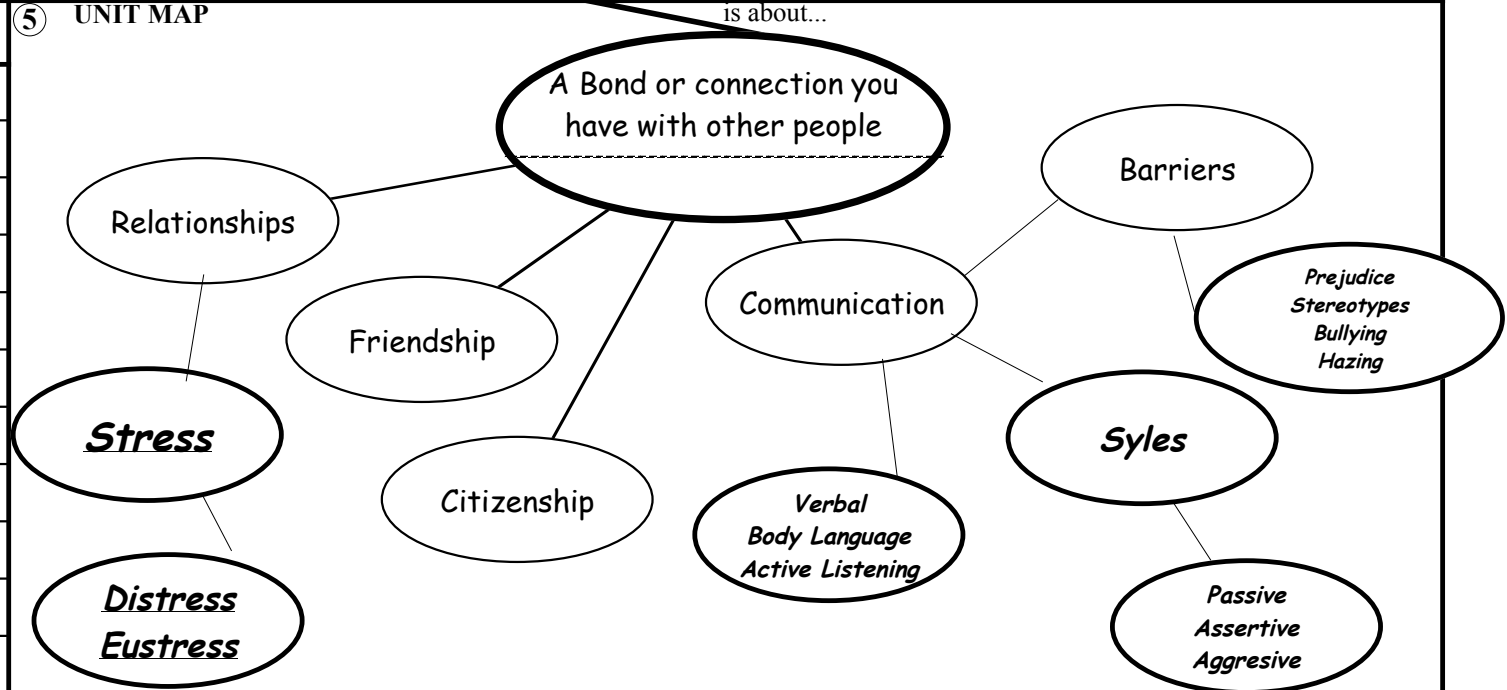
① CURRENT UNIT
Relationships

③ NEXT UNIT/Experience
Family

⑧ UNIT SCHEDULE

Pre Test
Chapter 10 Lecture
Charades vocabulary
Role Model
Review with white boards
Quiz
Handling stress
cartoon

⑤ UNIT MAP



⑦ UNIT SELF-TEST QUESTIONS

- Demonstrate different modes of communication.
- Demonstrate good citizenship.
- Differentiate different relationships.
- Classify forms of communication as passive, assertive, or aggressive.
- Recognize barriers to affective communication.
- Understand how stress distress and eustress affects your triangle.
- Understand ways to handle distress.

⑥ UNIT RELATIONSHIPS

The Unit Organizer

④ BIGGER PICTURE

NAME Linda McClanahan

DATE Feb. 16-20, 23-26, 2015

Making Healthy Lifestyle Choices

② LAST UNIT/Experience
Relationships & Stress

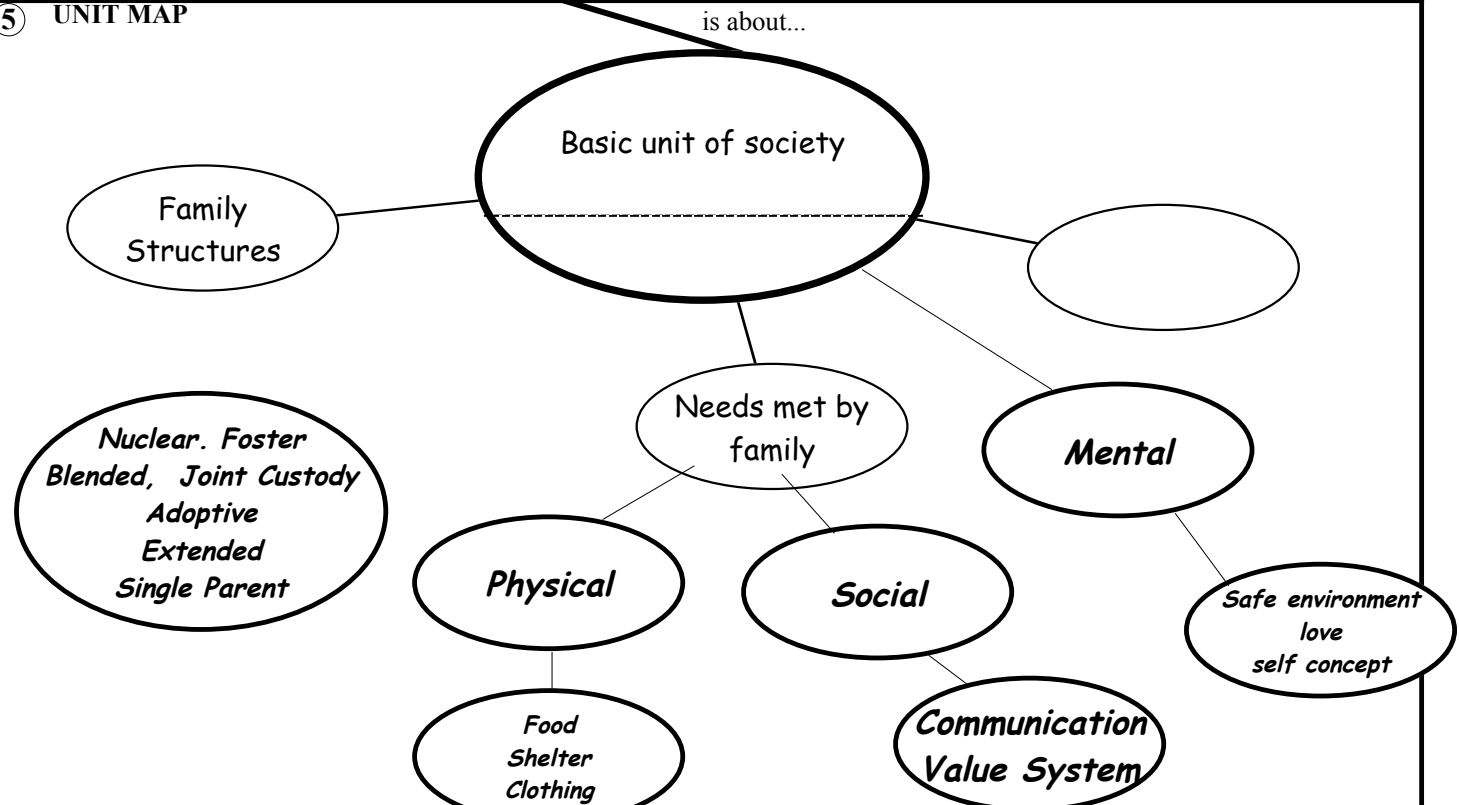
① CURRENT UNIT
Family

③ NEXT UNIT/Experience
Viience

⑧ UNIT SCHEDULE

Notes Chapter 11
Affirmations
Recognize family structures
Pre Quiz Kahoot
Recognize needs met by family
Family Tree
Family unit evaluation
Build your family.

⑤ UNIT MAP



⑦ UNIT SELF-TEST QUESTIONS

- What is a family?
- Discuss how family events can impact health.
- Recognize different family structures.
- Change in family structure.
- How affirmations influence our self concept.
- Recognize and identify needs met by family.

⑥ UNIT RELATIONSHIPS

The Unit Organizer

④ BIGGER PICTURE

NAME Linda McClanahan

DATE March 16-20, 23-27 2015

Making Healthy Lifestyle Choices																												
② LAST UNIT/Experience Violence	① CURRENT UNIT Nutrition	③ NEXT UNIT/Experience Human Development																										
⑧ UNIT SCHEDULE <table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 50px;">Intro. to Nutrition Lesson</td><td style="width: 50px;"></td></tr> <tr><td>6 Basic Nutrients</td><td></td></tr> <tr><td>Identify Sources</td><td></td></tr> <tr><td>Understand calories in nutrients</td><td></td></tr> <tr><td>My Plate Requirements</td><td></td></tr> <tr><td>Reading a food label and evaluating food labels</td><td></td></tr> <tr><td>Ranking chips</td><td></td></tr> <tr><td>Identify Ingredients in products</td><td></td></tr> <tr><td>Rank similar products by reading labels</td><td></td></tr> <tr><td>Quiz Chapter 5 Nutrition</td><td></td></tr> <tr><td> </td><td></td></tr> <tr><td> </td><td></td></tr> <tr><td> </td><td></td></tr> </table>	Intro. to Nutrition Lesson		6 Basic Nutrients		Identify Sources		Understand calories in nutrients		My Plate Requirements		Reading a food label and evaluating food labels		Ranking chips		Identify Ingredients in products		Rank similar products by reading labels		Quiz Chapter 5 Nutrition								⑤ UNIT MAP <div style="text-align: center; margin-top: 20px;"> <p>is about...</p> <div style="border: 2px solid black; border-radius: 50%; padding: 10px; display: inline-block; margin-bottom: 10px;"> the process by which the body takes in and uses food </div> </div>	
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⑦ UNIT SELF-TEST QUESTIONS <p>Evaluate influences on food choices.</p> <p>Explain relationship between nutrition, quality of life, and disease.</p> <p>Demonstrate knowledge of nutrients in a variety of foods.</p> <p>Describe 6 basic nutrients.</p> <p>Examine the effects of healthful eating behaviors on the body.</p> <p>Explain the immediate and long-term benefits of nutrition on body systems.</p> <p>Demonstrate an understanding of ingredients on food label.</p>	⑥ UNIT RELATIONSHIPS																											

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④ BIGGER PICTURE

NAME Linda McClanahan

DATE April 27-May 1, May 4-8

Making Health Lifestyle Choices

② LAST UNIT/Experience
Skeletal System

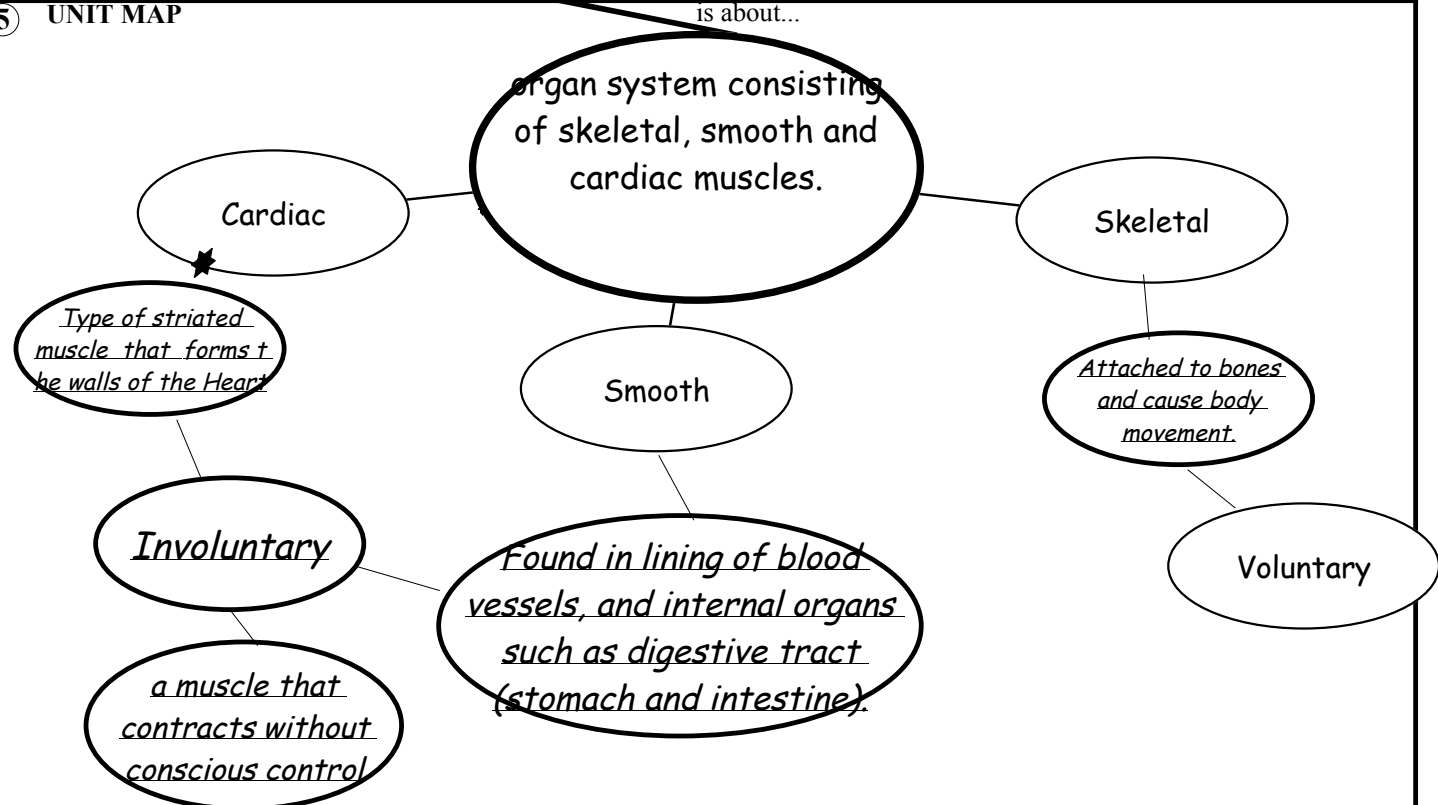
① CURRENT UNIT
Muscular System

③ NEXT UNIT/Experience
Body Systems

⑧ UNIT SCHEDULE

	Introduction Muscular System
	Identify 3 types of muscles
	Functions of Muscular System
	Tag test Identify Specified Muscles
	Identify exercises for specific muscles
	Quiz muscular vocabulary

⑤ UNIT MAP



⑦ UNIT SELF-TEST QUESTIONS

- Explain functions of muscular system.
- Describe different types of muscles in the body.
- Examine the effects of health behaviors on the muscular system.
- Recognize the difference between voluntary and involuntary muscles.
- Identify the the 3 muscle types.
- Pair muscles to specific exercises.
- Identify problems in the muscular system.

⑥ UNIT RELATIONSHIPS

Blank space for unit relationships.

The Unit Organizer

NAME Linda McClanahan

DATE April 13-17, 20-24, 2015

④ BIGGER PICTURE

Making Healthy Lifestyle Choices

② LAST UNIT/Experience
Human Development

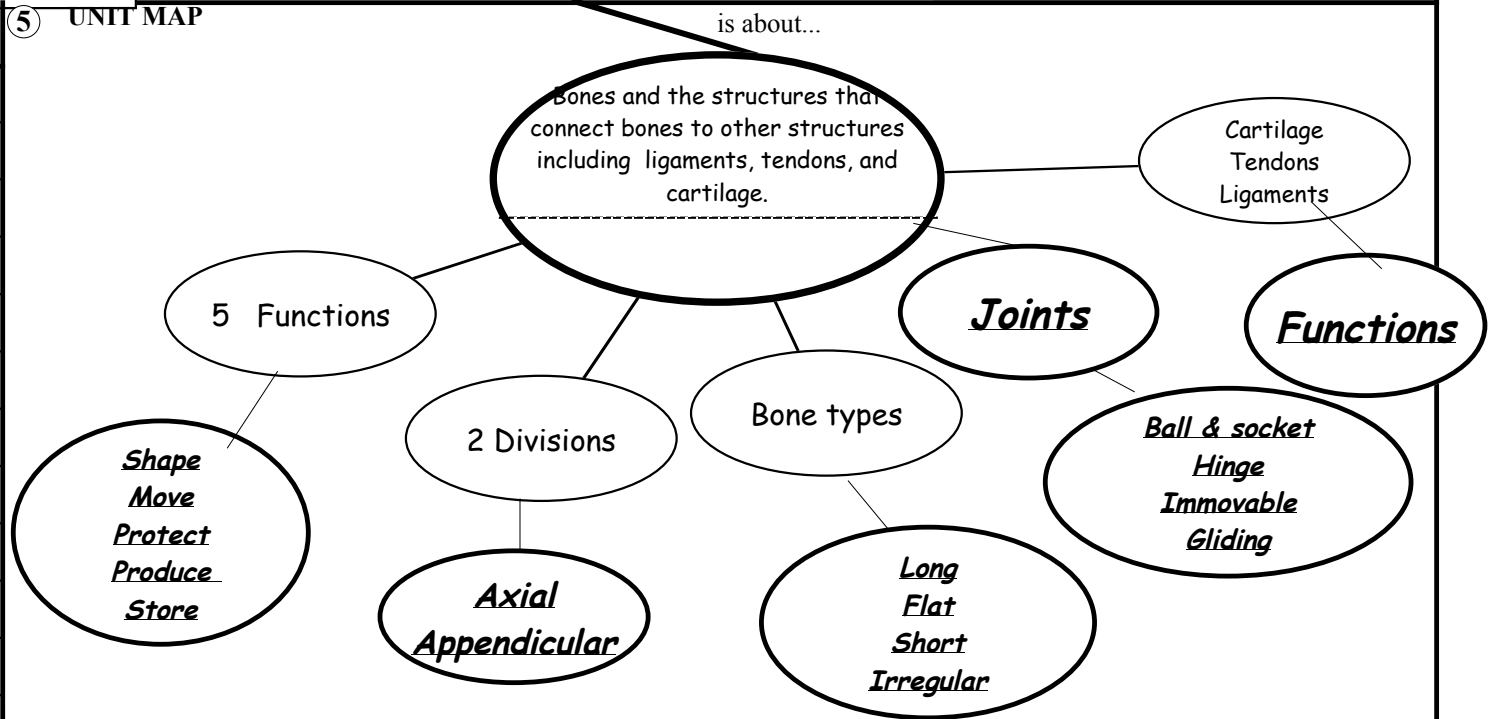
① CURRENT UNIT
Skeletal System

③ NEXT UNIT/Experience
Muscular System

⑧ UNIT SCHEDULE

	Intro	
	Skeletal system lecture	
	Ligaments, tendons, and cartilage	
	Tag skeleton	
	3 pictures and a word	
	Skeletal Quiz	

⑤ UNIT MAP



⑦ UNIT SELF-TEST QUESTIONS

- Identify functions for the skeletal system.
- Describe the main divisions.
- Identify organs of the skeletal system.
- Identify different types of bones and their function.
- Recognize strategies of care for your skeletal system.

⑥ UNIT RELATIONSHIPS