

# Health Concerns Lecture

## Summary

Students will be introduced to food and nutrition related health concerns.

## Time Frame

1 class periods of 70 minutes each

## Group Size

Individual

## Life Skills

Thinking & Reasoning

## Materials

- Bell Ringer Cards for each student
- Health Concerns Study Guide
- Health Concerns Table
- Health Concerns PowerPoint Presentation
- Internet Connection

## Intended Learning Outcomes

Students will understand common food and nutrition related health concerns.

## Instructional Procedures

Teacher step-by-step instructions are found below in the "Health Concerns Lecture Lesson Plan" attachment.

## Assessment Plan

Instruct the students to fill out the study guide throughout the lecture today. Encourage discussion and answer any questions the students may have throughout the lesson. At the end of class, have the students keep their study guides to prepare for the upcoming test. There will be no homework today.

## Bibliography

[Foods and Nutrition II Curriculum Guide](#)  
from the Utah State Office of Education

## Authors

[Vikki Masters](#)