

Nutrients

Summary

Students will learn about the 6 basic nutrients. They will then learn how to keep track of their food intake using a food tracker app on the iPad. Through this information they will be able to analyze their diet and make corrections where necessary.

Main Core Tie

Health Education II (9-12)

[Strand 5: NUTRITION \(N\) Standard HII.N.2](#)

Time Frame

6 class periods of 45 minutes each

Group Size

Individual

Life Skills

Thinking & Reasoning

Materials

ipad
Internet

Background for Teachers

Teachers will need to know about the six basic nutrients and what they do in the body. They will also have to know the basics of using the "my daily plate" app on their iPad.

Student Prior Knowledge

Students will need to know what they have eaten in the past 24 hours to complete this lesson and assignment.

Intended Learning Outcomes

Intended outcomes are that the students recognize what they are eating every day and how to find good information on how to track their eating habit.

Instructional Procedures

Assuming that students will have already been educated on the 6 basic nutrients they will watch a demonstration by the teacher on how to download the "my daily plate app". The teacher will mirror their screen on the projector at this time so that the students can follow along downloading the app. After download the students will enter the app and add the food they have eaten in the past 24 hours. They will do this for three consecutive days. They will use the app to evaluate their diets based on their personal needs.

They will then create a daily diet for themselves fulfilling all of their needs based on the recommendations that the app provides for them.

Strategies for Diverse Learners

Depending on the student, diverse learners may need to only put in one meal instead of a days worth of food items. This will need to be determined based on their IEP and each students abilities

Extensions

Students who finish early can add in thier activity level the same way that they did their food.

Assessment Plan

Students will be assessed by a rubric on the completeness of their work. All students must have at least three days worth of food logged in to get full credit. They must also have their completion questions done after they have logged all of their days.

Rubrics

[Daily Menu](#)

Authors

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