

8th Grade Health

3rd six weeks

WEEK: November 4-8

MONDAY 4th	TUESDAY 5th	WEDNESDAY 6th	THURSDAY 7th	FRIDAY 8th
TLW: NO SCHOOL TEACHER INSERVICE	TLW:.. summarize recommendations from the MyPlate food guidance system; demonstrate skills for following a healthy eating pattern  Questions over Lesson 8.2	TLW:.. interpret the information on Nutrition Facts and food labels; assess claims on food labels  Questions over Lesson 8.3	TLW:.. Review Nutrients, MyPlate recommendations, and Nutrition Food Labels  Notes over Chapter 8	TLW: Create a visual representation of a Thanksgiving meal on a paper plate while applying the My Plate recommendations for portions. Analyze the nutritional content of your meal.  Thanksgiving Meal portion and nutrition analysis - Due Monday