8th Grade Health

3rd six weeks

WEEK: November 11-15

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11th	12th	13th	14th	15th
TEKS: 8.5A, 8.5B, 8.5D Objective: Continue Chapter 7 Review TLW: Warmup: Create another multiple choice test question Start review packet for test	TEKS: 8.5B, 8.5D, 8.5E Objective: Continue Reviewing for Chapter 7 TLW: Classroom Discussion: Discuss anything you still have questions on. Go over review packet as a class	TEKS: 8.5A, 8.5B, 8.5D. 8.5E Objective: Take test on mental health and begin new section TLW: Discussion: Asy any remaining questions before test is handed out. After test begin reading chapter 8 Test 4	TEKS: 8.6A Objective: define nutrition; explain how carbohydrates provide energy for the body; analyze how to get protein the body needs TLW: Warmup: Class Discussion: Have students form pairs and ask each pair to brainstorm foods they often eat together. Examples might include peanut butter and jelly, beans and rice, ham and cheese, meat and potatoes, chips and dip, ham and eggs, and bread and butter. Have students share these pairings with the class. Glue in notes on chapter 8, developing a healthy diet	TEKS: 8.6A Objective: analyze how to get protein the body needs; describe the purpose of fats; formulate strategies for consuming vitamins TLW: Warmup: Write in Journal: Why do nutritionists suggest that people get vitamin C every day? Why not have seven oranges and be done for the week? Continue with notes on Chapter 8