Jan 7-10

| M |  |  | NO SCHOOL  |
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| T | **Goal: To consider the relationship between a nutritious diet and the level of wellness one experiences.**  | **Objectives:**Objectives: 1. To define wellness. 2. To summarize the seven domains of wellness. 3. To examine the impact of nutrition on wellness. 4. To evaluate components of a nutritious diet.  | Show the Impact of Nutrition on Health & Wellness - Wellness segment and have students complete the Assessment. Allow students the remainder of class to work on the Personal Wellness Questionnaire Activity.  |
| W | **Goal: To consider the relationship between a nutritious diet and the level of wellness one experiences.**  | Objectives: 1. To define wellness. 2. To summarize the seven domains of wellness. 3. To examine the impact of nutrition on wellness. 4. To evaluate components of a nutritious diet.  | Begin class with the Wellness News Activity. Show the Impact of Nutrition on Health & Wellness - Components of a Nutritious Diet segment and have students complete the Assessment. Distribute the Wellness Mobile Activity and needed supplies. If time remains, students can begin the project.  |
| Th | Distribute the Properly Balanced Nutrients Activity as a review from the previous class.Show the Impact of Nutrition on Health & Wellness - Malnutrition segment and have students complete the Assessment. Distribute either the Wellness Writing Project or the Ending Malnutrition Project and allow students time to work on their projects. |
| F | Complete Projects |