

## Healthy Nutrition 101 Unit Schedule

Week	Topic	Location	Readings/Activities
<b>1</b>	<b>INTRODUCTION AND FOOD GUIDE PYRAMID:</b>		
	<u><b>SYNCHRONOUS:</b></u> <ul style="list-style-type: none"> <li>Unit Introduction, Final project introduction. discuss rubric</li> <li>Visit mypyramid.gov website and create individualized plan</li> </ul>	<b>Elluminate</b>	<ul style="list-style-type: none"> <li>Introduction to Nutrition 101</li> <li>Q &amp; A</li> </ul>
	<u><b>ASYNCHRONOUS:</b></u> <ul style="list-style-type: none"> <li>Compare current daily diet to newly created plan</li> <li>Elicit performance from students by individual participation and reflection</li> </ul>		<ul style="list-style-type: none"> <li>Watch assigned video(s)</li> <li>Read assigned material</li> <li>Mypyramid.gov tutorial</li> <li>Create individualized Nutrition Plan, submit via Lulima</li> <li>Post response to blog discussion #1 - compare current diet and the nutrition plan created on MyPyramid.gov.</li> <li>Keep a 24 hour food log/journal using the worksheet provided</li> </ul>
<b>2</b>	<b>U.S. DIETARY GUIDELINES:</b>		
	<u><b>SYNCHRONOUS:</b></u> <ul style="list-style-type: none"> <li>Introduction to the U.S. Dietary guidelines website and tutorial</li> </ul>	<b>Elluminate</b>	<ul style="list-style-type: none"> <li>Review the U.S. Dietary Guidelines Website and Tutorial</li> <li>Q &amp; A</li> </ul>
	<u><b>ASYNCHRONOUS:</b></u> <ul style="list-style-type: none"> <li>Relate the U.S. Dietary guidelines to the students' own personal diet</li> <li>Explain the U.S. Dietary guidelines</li> <li>Identify health risks related to excessive intakes</li> <li>Elicit performance from students through group interaction</li> </ul>		<ul style="list-style-type: none"> <li>Watch assigned video(s)</li> <li>Read assigned material</li> <li>Using your 24 hour food log, answer the questions provided and respond in the class discussion in Lulima</li> <li>In groups of 3, assigned by the instructor, students will use the dietary guideline given and create a multimedia presentation then post in Lulima Forum               <ul style="list-style-type: none"> <li>define the DG</li> <li>share two realistic examples on how you can meet the DG in your life</li> <li>share at least one health risk that is related to the DG assigned</li> </ul> </li> </ul>
<b>3</b>	<b>NUTRIENTS AND READING LABELS:</b>		
	<u><b>SYNCHRONOUS:</b></u> <b>Nutrients:</b> <ul style="list-style-type: none"> <li>Introduction to the three major nutrients</li> <li>List three examples of nutrients</li> <li>Discuss how nutrients benefit the body</li> </ul> <b>Reading Labels:</b> <ul style="list-style-type: none"> <li>Introduction to the Nutrition Label parts</li> <li>Introduction to the Recommended Daily Allowance of fiber, sugar, carbohydrates and fat tutorial</li> </ul>	<b>Elluminate</b>	<ul style="list-style-type: none"> <li>Discuss online the different Multimedia presentations and review DG</li> <li>Introduction to basic nutrients and the importance and facts about reading labels</li> <li>Q &amp; A</li> </ul>

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	<p><b><u>ASYNCHRONOUS:</u></b></p> <ul style="list-style-type: none"> <li>Students interact and provide feedback in Laulima</li> <li>Elicit performance from students by practicing skills learned</li> </ul>		<ul style="list-style-type: none"> <li>Watch assigned video(s)</li> <li>Read assigned material</li> <li>Have students find one recipe that includes the major nutrient assigned and actually make the recipe <ul style="list-style-type: none"> <li>Post the recipe in Laulima discussion</li> <li>Student journals the experience by answering questions in prompt</li> <li>Student emphasizes the nutrient value of the recipe</li> </ul> </li> </ul>
<b>4</b>	<b>FIBER, SUGAR &amp; FATS</b>		
	<p><b><u>SYNCHRONOUS:</u></b></p> <ul style="list-style-type: none"> <li>Introduction to Fiber, Sugar, &amp; Fat</li> </ul>	<b>Illuminate</b>	<ul style="list-style-type: none"> <li>Watch the narrated power point on Fiber, Sugar and Fats</li> <li>Q &amp; A</li> </ul>
	<p><b><u>ASYNCHRONOUS:</u></b></p> <ul style="list-style-type: none"> <li>Identify whole grain products by weight of different items</li> <li>Calculate teaspoons of sugar by formula of different items</li> <li>Define fat on food labels</li> <li>Elicit performance from students by individual practice and application</li> <li>Elicit performance from students through group activity</li> </ul>		<ul style="list-style-type: none"> <li>Watch assigned video(s)</li> <li>Read assigned material</li> <li>Student gathers 5 nutrition labels and completes the worksheet given on Fiber, Sugar and Fats</li> <li>Research a health risk (of their choice) and post in Laulima Discussion: How the lack of or excess intake of fiber, sugar and fat can harm the body</li> <li>Start working on Final Project in groups of 4: email professor group members and fastFood restaurant chosen by_____</li> </ul>
<b>5</b>	<b>FAST FOOD VS FRESH FOOD</b>		
	<p><b><u>SYNCHRONOUS:</u></b></p> <ul style="list-style-type: none"> <li>Compare fast food effects with fresh food benefits</li> <li>Choose a fast food restaurant and a food item from its menu</li> <li>Explain dangers of fast food items by fat, sugar and sodium content</li> <li>Identify fresh food alternatives to the fast food item</li> <li>Identify health related issues attributed to fast foods</li> <li>Finish up final project and presentation (last day)</li> </ul>	<b>Illuminate</b>	<ul style="list-style-type: none"> <li>See Final Project assignment page for details</li> <li>Q &amp; A</li> </ul>
	<p><b><u>ASYNCHRONOUS:</u></b></p> <ul style="list-style-type: none"> <li>Students synthesize Unit on Healthy Nutrition</li> </ul>		<ul style="list-style-type: none"> <li>Watch assigned video(s)</li> <li>Optional reading</li> <li>Students work in groups to complete Final Project</li> <li>Students submit Final Project via Assignments in Laulima</li> </ul>
<b>Extra Credit</b>	<p><b><u>ASYNCHRONOUS:</u></b></p> <ul style="list-style-type: none"> <li>Students build a community of learners</li> <li>Students share information on healthy nutrition</li> </ul>	<b>Laulima Wiki</b>	<ul style="list-style-type: none"> <li>Optional extra credit work</li> <li>Students post links, articles, and personal comments pertaining to nutrients, reading labels, fiber, sugar, and fats.</li> </ul>