

Day	Anchor Descriptor	Eligible Content or Academic Standard	Objective	Strategies for this lesson	Assessment
Mon.	R.7.A.2 R.7.B.1	10.1.6.C Analyze nutritional concepts that impact health.	Students will analyze how personal choice, disease, and genetics can impact health maintenance and disease prevention.	Independent Work, Direct Instruction, Notes, Differentiated Instruction	Formative- Choral Response of calories per gram of nutrients. Summative-
Connection to Anchor: R.7.A.2.1. Identify and apply the meaning of vocabulary in nonfiction. R.7.B.1.2. Make connections between texts.					
Tues.	R.7.A.2 R.7.B.1	10.1.3.C Explain the role of the food guide pyramid in helping people eat a healthy diet.	Students will identify health problems that can occur throughout life and describe ways to prevent them in regards to eating properly.	Independent Work, Direct Instruction, Notes, Differentiated Instruction	Formative- Please Do Now – List foods that fall under the pyramid steps. . Summative-
Connection to Anchor: R.7.A.2.1. Identify and apply the meaning of vocabulary in nonfiction. R.7.B.1.2. Make connections between texts.					
Wed	R.7.A.2 R.7.B.1	10.1.3.B Identify and know the location and function of the major body organs and systems.	Students will identify health problems that can occur throughout life and describe ways to prevent them in regards to eating properly.	Independent Work, Direct Instruction, Notes, Differentiated Instruction	Formative- Sorting of skeletal, digestive, muscular, excretory, systems.. Summative-
Connection to Anchor: R.7.A.2.1. Identify and apply the meaning of vocabulary in nonfiction. R.7.B.1.2. Make connections between texts.					
Thurs	R.7.A.2 R.7.B.1	.10.1.6.C Analyze nutritional concepts that impact health.	Students will identify health problems that can occur throughout life and describe ways to prevent them in regards to healthy eating.	Independent Work, Direct Instruction, Notes, Differentiated Instruction	Formative- Sorting of physical and psychological complications in regards to eating disorders. Summative-
Connection to Anchor: R.7.A.2.1. Identify and apply the meaning of vocabulary in nonfiction. R.7.B.1.2. Make connections between texts.					

Fri	R.7.A.2 R.7.B.1	10.2.6.D Describe and apply the steps of a decision-making process to health issues.	Students will analyze how personal choice, disease, and genetics can impact health maintenance and disease prevention.	Independent Work, Direct Instruction, Notes, Differentiated Instruction	Formative- Choral Response – fast food menu items caloric counting. Summative-
Connection to Anchor: R.7.A.2.1. Identify and apply the meaning of vocabulary in nonfiction. R.7.B.1.2. Make connections between texts.					