



## Quarter 2, 2017 Week 4 Summary

This week we began the second half of our health unit with the topic of nutrition. After a review of last week's fitness topic, students provided their descriptions of nutrition and shared their own healthy eating habits. We viewed and discussed a detailed food pyramid projected on the screen while following along with individual copies of the pyramid (I encouraged the students to post their food pyramids in their kitchens to remind them of healthy food choices). The students learned about why the food pyramid is shaped the way it is and how the shape helps them to understand how much they can eat of various categories of food. We discussed how the serving numbers are based on an individual's activity level and age as well as whether they are a young man or young woman. We also talked about serving sizes for each food group/category. Each food group was reviewed and students provided input into the types of food they eat/like in each group and how to determine the healthiest selections. We spent time discussing the top of this food pyramid where sugars, fats, and salts (soda, candy, chips, etc.) are located and talked about how these items are occasional treats and should be consumed on special occasions or no more than once or twice a week, if at all. We discussed how too much of these foods can affect weight and general health. I demonstrated how much sugar is contained in a 20 ounce bottle of soda by showing the students a soda and 14 packets of sugar taped together so that can visualize how much sugar is going into their bodies when they consume soda.

When we return to our regular class after the Thanksgiving holiday, we will review the pyramid and learn how to read nutrition labels and menus as well as view a couple video clips on nutrition.

**\*\*\*Next week-** 11/22 class will be held at the Downtown YMCA. Please meet us at the front desk located just inside the entrance in covered parking area on the east side of the building. Important- Students must bring their photo ID to enter as my guest!

**\*\*\*Secret Gift Exchange** forms must be completed and returned no later than 11/29. Names will be drawn by the student on this date for the gift exchange on 12/13. The students were provided the forms during class.

**The syllabus for the third quarter is [here](#).**

We have an interesting and varied unit planned after the Holiday Break to teach more independent living skills and self-care in the home. Three guest presenters will be talking with the students throughout the quarter on topics ranging from emergency preparedness to dental hygiene to mental health. In addition, we will participate in a nutrition activity at a demonstration kitchen and natural grocery store.

Happy Thanksgiving!