***California State Health 7 & 8 Standard 1.2N***

* Identify nutrients and their relationship to health.

Modified Standard

* Identify nutrients and their relationship to health around the globe.

Lesson Plan Modification

* Students will learn the five essential nutrients (carbohydrates, protein, fat, vitamins and minerals) and investigate a nutrient in relation to a specific region of the world.
* Students will research on a specific nutrient (i.e. carbohydrate, protein, fat, or a specific vitamin or mineral such as vitamin A or K, or sodium, iron, etc.) and determine the health benefits and risks with that nutrient. Students could reference the following website <http://www.rightdiagnosis.com/v/vitamin/subtypes.htm> or another one. Students are assigned a region of the world and determine if that region has health concerns related to over or under consumption of their nutrient. Students will create a Glogster http://www.glogster.com/ with their information.

Assessment Activity

* Students with the same nutrients and different regions of the world are grouped together. Group will compare their findings, and discuss the similarities and differences in their world region. Groups will present out to class.