**Lesson 2 (1 -2 days) Research & group work**

**California Health 7/8 Standards –**

* **1.2N Identify nutrients and their relationships to health around the globe**
* **1.10N Identify the impact of nutrition on chronic disease**
* **1.5N Differentiate between diets that are health-promoting and diets linked to disease.**

**Objective - Students will identify the importance of specific nutrients to prevent health concerns.**

**Anticipatory Set –** Students complete the following journal prompt, being prepared to share out. “The nutrient that is lacking in my diet is \_\_\_\_\_\_\_\_\_\_\_\_\_. I could ensure I get enough of (name the nutrient) by consuming more of \_\_\_\_\_\_\_\_\_\_\_\_ in my daily diet.”

**Activity –** (Class will need access to computers)

* Each group is assigned one nutrient to explore more in-depth for a class presentation (teach the class regarding your nutrient)
* 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.) which they were assigned and determine the health benefits and risks (with improper consumption – over or under) with that nutrient.
* Students could reference the following website <http://www.rightdiagnosis.com/v/vitamin/subtypes.htm> or another one.
* (Optional) Individual students will be assigned a region of the world and determine if that regions has health concerns related to over or under consumption of their nutrient.
  + Students will meet with the rest of their group to compile the information learned regarding the specific regions of the world (or US).

**Assessment –** Student groups will create a Glogster <http://www.glogster.com> with their information. There will be one Glogster per nutrient, which will then be presented to class.

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