

## Grade 8

Distance Learning Module: Week of: April 27-May 1

# Grade 8 Healthy Living

## Targeted Goals from Stage 1: *Healthy Snacks*

**Content Knowledge:** Even though snacking has developed a "bad image," snacks can be an important part of your diet. They can provide energy in the middle of the day or when you exercise. A healthy snack between meals can also decrease your hunger and keep you from overeating at meal time.

**Vocabulary:** Smoothie, snack, blender, recipe, fruit, vegetable, supervision, hunger, nutritious

**Skills:** Recognize that snacks can be healthy and nutritious, identify the healthy snacks that appeal to you, make smoothie recipes and snacks that are nourishing and healthy

### Expectation:

Description of Task (s):	Resources and Materials:	Daily Checks (Return to Google Classroom or snapshots from a cell phone)
Monday: <ul style="list-style-type: none"><li>• Watch the video on 12 Healthy Smoothies</li><li>• Choose one to make or come up with your own idea</li><li>• Submit the picture or the recipe on Classroom</li></ul>	<ul style="list-style-type: none"><li>• 12 Healthy Smoothies Video</li><li>• 50 Smoothie Recipes Page</li></ul>	<ul style="list-style-type: none"><li>• I will see your smoothie picture or read your recipe in Classroom</li></ul>
Tuesday:		
Wednesday: <ul style="list-style-type: none"><li>• Watch the Healthy After School Snacks video</li><li>• Choose one to make or come up with</li></ul>	<ul style="list-style-type: none"><li>• Healthy After School Snacks</li></ul>	<ul style="list-style-type: none"><li>• I will see the picture of your healthy snack in Classroom</li></ul>

Description of Task (s):	Resources and Materials:	Daily Checks (Return to Google Classroom or snapshots from a cell phone)
your own healthy snack <ul style="list-style-type: none"> <li>• Submit the picture of your healthy snack on Classroom by Friday</li> </ul>		
Thursday:		
Friday: <ul style="list-style-type: none"> <li>• “Sort of” Healthy Pizza Ideas</li> </ul>	<ul style="list-style-type: none"> <li>• After School Pizza</li> </ul>	<ul style="list-style-type: none"> <li>• Try out one of these recipes over the weekend!</li> </ul>

**Week criteria for success:** Watch the videos, make the smoothies and snacks, take pictures and submit in the assignment on Classroom

**Supportive resources and tutorials for the week:** Re-watch videos, I am available 9-2 daily for any questions or concerns