

Grade 7

Distance Learning Module 5: Week of: April 27-May 1

Grade 7 Health: Fast Food, Exercise, & Calories

Targeted Goals from Stage 1: Desired Results

Content Knowledge: A calorie is a measure of energy expenditure and stored energy. The body's activities and exercise use (burn) calories that are taken in from food. A pound of body fat is equal to 3,500 extra calories that were not used. Growing adolescents need between 1,600-2,500 calories each day to sustain their body functions, activities, and growth. Growing boys require about 200 more calories per day than growing girls because of body structure needs. Calorie needs also depend on the amount of activity and lifestyle. More activity and exercise = more calories needed.

Vocabulary: Adolescence, calorie, exercise, fast food, sodium, fat, processed, preserved, bleached, healthy

Skills: Recognize that it is important for growing adolescents to get enough calories each day for their growing bodies, identify how many calories are burned in various activities and sports, discover how many calories and grams of fat are in favorite fast food meals

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">• Watch the video on calories• Watch the video on Serving Size• Read the Activities and Calories Handout• Do the 8 Minute Teen Workout (optional)	<ul style="list-style-type: none">• Video on Calories on EdPuzzle• Video on Serving Size• Activities and Calories Burned• 8 Minute Workout for Teens	<ul style="list-style-type: none">• I will read your responses to the questions in EdPuzzle
Tuesday:		
Wednesday: <ul style="list-style-type: none">• Choose a fast food restaurant and	<ul style="list-style-type: none">• Fast Food Restaurant Order Form	<ul style="list-style-type: none">• I will see your answers in the Google Assignment

Description of Task (s):	Resources and Materials:	Daily Checks (Return to Google Classroom or snapshots from a cell phone)
order your favorite meal. <ul style="list-style-type: none"> • Calculate the calories, fat, and sodium and see how you compare to the healthy eating goals. • Revise your order if necessary. • Submit your fast food assignment in Classroom 	<ul style="list-style-type: none"> • Fast Food Restaurant Video 	
Thursday:		
Friday: <ul style="list-style-type: none"> • Watch the video A Brief History of Processed Foods • Watch the short clip about what Olympic Athletes Eat • Watch the video for ideas on Healthy Snack Swaps 	<ul style="list-style-type: none"> • A Brief History of Processed Foods Video • What Olympic Athletes Eat • Healthy Snack Swaps 	

Week criteria for success:

Supportive resources and tutorials for the week: Re-watch videos as needed, email me any time or reach out during office hours 11-12 any day