

<b>Unit Title: Sports Nutrition</b>
<b>Grade Level: 9-12</b>
<b>Subject Area:</b> Family & Consumer Sciences - Nutritional Foods
<b>Duration/Length/Number of class periods:</b> 2 class periods
<b>Description:</b> Students will explore nutritional needs through the lens of athletes.
<b>Established Goals (National, State, Local):</b> MN Frameworks MNW 2.1 Identify the effects of nutrients on health, appearance, and peak performance

<b>What Enduring Understandings are desired?</b> The heart of this unit is for students to view nutrients in light of what our bodies need to live, grow, and heal. Students can uncover what nutrition means for themselves based on what their bodies need.
<b>What Essential Questions will be considered?</b> How can I meet my nutritional needs when playing sports?
<b>Students will know / be able to:</b> Students will be able to identify nutrients that directly impact sports performance. Students will apply what they have learned about the food groups in order to create a food plan.

Description	Formative	Summative	Introductory Activity	Learning Activity	Student Technology Used	Teacher Technology Used	ISTE Standards
<b>Brainstorm</b> to ground new learning in previous knowledge: <ul style="list-style-type: none"> <li>Students will go to our IdeaBoardz and enter in as much as they can remember about each of the 6 major nutrient categories in a 5-minute time limit. Can be a table/small group competition.</li> </ul>			X		X	X	ISTE 1. c.

<p><u>Cool Collage creation</u> about any 1 of 4 key ideas (Nutrients needed for body repair, Nutrients needed for stamina/long term energy, Nutrients needed for sprints/short term energy, or Nutrients needed for brain health)</p> <ul style="list-style-type: none"> <li>Students will go to Bighugelabs.com to create a collage about their chosen key idea using images from ethical sources like unsplash.com or pixabay.com.</li> </ul>	X				X		ISTE 2. b. and 6. b.
<p><u>Video about nutrition &amp; sports performance, followed by Waterfall reaction/reflection:</u></p> <ul style="list-style-type: none"> <li>Students will watch this video <a href="https://www.youtube.com/watch?v=3XMh6f0xB7A">https://www.youtube.com/watch?v=3XMh6f0xB7A</a> and then write their 1 big takeaway (give 3 minutes before sharing) on an index card if in person or in the chat box if online.</li> </ul> <p><u>Article reading:</u></p> <ul style="list-style-type: none"> <li>Students will read 1 of 2 articles <a href="https://blog.myfitnesspal.com/5-sports-nutrition-rules-to-learn-from-the-pros/">https://blog.myfitnesspal.com/5-sports-nutrition-rules-to-learn-from-the-pros/</a> OR <a href="https://insidethegem.com/tips-for-feeding-a-teenage-athlete-part-one/">https://insidethegem.com/tips-for-feeding-a-teenage-athlete-part-one/</a> and answer the following questions: A. Which information do you find the most helpful in the article? B. Was there any information you found “suspect” or weren’t sure about? Why or Why not? C. What’s something in the article you think teenagers need to know?</li> </ul>			X		X		
<p><u>Food plan “Sports Nutrition Challenge”</u></p> <ul style="list-style-type: none"> <li>Students will identify and apply what they have learned about the nutrients required for peak performance by creating a food plan for a student athlete. <a href="https://docs.google.com/document/d/1li16QVGuCr9NJOeNWy8c0bfb9QuH2R2wMYA926jdN48/edit">https://docs.google.com/document/d/1li16QVGuCr9NJOeNWy8c0bfb9QuH2R2wMYA926jdN48/edit</a></li> </ul>		X			X	X	ISTE 2. b.

**Materials, tools and resources:**

Students have individual iPads, there are large screens and a sound system with microphone in the classroom, and paper copies of everything will be available due to IEP needs and/or student preference. All links needed are listed within the plan above.

Original slide presentation:  
[https://docs.google.com/presentation/d/1RPZ\\_mZHMB8M3irD5vADywa9ldxBTteSTBwbWoN7MdY/edit#slide=id.gbb8b41af55\\_0\\_136](https://docs.google.com/presentation/d/1RPZ_mZHMB8M3irD5vADywa9ldxBTteSTBwbWoN7MdY/edit#slide=id.gbb8b41af55_0_136)

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**Additional credit given to:**

Ohio State Wexner Medical Center video - <https://www.youtube.com/watch?v=3XMh6f0xB7A>

Lori Russell with MyFitnessPal's article - <https://blog.myfitnesspal.com/5-sports-nutrition-rules-to-learn-from-the-pros/>

Diamondsonyourinside's article - <https://insidethegem.com/tips-for-feeding-a-teenage-athlete-part-one/>

Day-to-day lesson plan note:

(BEFORE this unit, students will have explored the 6 major nutrient categories, food groups, and the Harvard Healthy Eating Plate.)