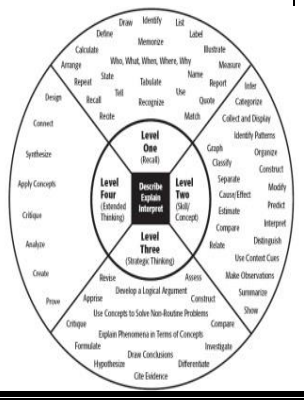
Unit: Science for Success	Lesson 5: Life Science Human Body and Health: Homeostasis and Sources of Nutrients
Objectives The student will be able to: • Speak more knowledgably about how each kind of nutrient is used by the body. **This lesson takes two days!**	**Materials:** • New Readers Press Science for the GED Test pages1 8-19. • Computers • www.myplate.gov (Go to the *What's on your plate?* section of the website for nutrition posters.) • http://www.SuperTracker.usda.gov (Interactive diet and activity tracking tool)
 **WDOK: 1, 2, 3, 4** **CCSS:** **SDSS:**	**Key Words** • Hypothermia- dangerously low body temperature caused by prolonged exposure to cold • Calorie- a unit of energy-producing potential in food, equal to one large calorie. This energy, if not used, is converted to fat and stored. • Carbohydrates- a biological compound containing carbon, hydrogen, and oxygen that is an important source of food and energy • Fat- a water-soluble substance, solid at room temperature, that belongs to a group of chemicals that are main constituents of food derived from, e.g. animal tissue, nuts, and seeds.

Introduction: We have all heard of calories and know that eating fuels our body. Today we are going to learn what purpose each food group has in fueling the machine we know as our body. We will be reading from our test book and going to a website called My Plate to learn more. My plate was created for us to use to become more aware of what we are doing correctly and where we can improve nutritionally and physically.

Instructional Activities: 1. First read pages 18 and 19 from *Science for the GED Test*. Discuss and take notes over the information presented in the reading.

2. Study the charts on the bulletin board from My Plate.com. Find out how many servings of each food group you and your family members should consume each day for a healthier you.

3. Complete the Super Tracker Scavenger Hunt worksheet or go to the website http://SuperTracker.usda.gov. Do as much as you can on the website with the time we have. Go to the food tracker and consider how you are doing nutritionally today. Investigate the My Coach portion of the web site to discover what you can do to improve your life. Examine the tabs at the top of the page and the resources on the right hand side at the bottom of the page. Discuss the great things you find with your classmates as well. This is a free website; so perhaps you will want to use it on a daily basis.

Another option for all of us with Internet access on our phone or on the computer that I like is My Fitness Pal. I track my calories and water consumption with that free app. It can be paired with many fitness trackers too; so the calories allowed are automatically adjusted with the activity a person does each day.

4. Make a goal sheet to be handed in in class tomorrow with at least two changes you plan to make to improve your or your family's health.

Student Product

- Report to the other students what you found on the My Plate website that was of interest to you.
- Goal sheet to be turned in the next class period.