NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ MARKING PERIOD \_\_\_\_\_\_

**Unit 4 Nutrition MENU**



**Common Core:**  **9. NPA.**1.1, 1.2, 1.3, 2.2, 2.3, 3.1, 4.1, 4.3

**Nutrition:** Student created website - [www.weebly.com](http://www.weebly.com)

**Reference:** [www.placeatthetable.weebly.com](http://www.placeatthetable.weebly.com)

**Webpage Tabs are labeled as the following**: Food Rules, Glossary, My Plate, Fad Diets, Cultural, Calculator’s, Budget, Weight Management, and Legend

***ROOKIE/PRO: (Format/Assignments): (150 pts)***

1. **‘Homepage’ (REQUIRED)**: **(10 points)** Include Title Page, Your Name, at least 2 pictures and a Nutrition Quote.
2. **List & Explain your Top 10 Food Rules per the Book “Food Rules” by Michael Plan (10 points)**
3. **‘Glossary’**: **(20 points)** Define the following vocabulary words on your glossary page

Diet Calorie Macronutrient Micronutrient

Daily Value Minerals (Dietary) Nutrients Cholesterol

Fiber Added Sugar Metabolism Malnutrition

Obesity Protein Carbohydrates Saturated Fat

Unsaturated Fat Trans Fat Organic Whole Grain

Fructose Folic Acid Body Mass Index Pasteurization

Vitamin A Vitamin C Vitamin D Calcium

Basal Metabolic Rate

Omega 3 & 6 Fatty Acids

1. **Food Groups**: **(20 points)** Go to [www.placeatthetable.weebly.com](http://www.placeatthetable.weebly.com) and complete the assignment.
2. **My Plate** : **(20 points)** Go to [www.placeatthetable.weebly.com](http://www.placeatthetable.weebly.com) and complete the 4 tasks.
3. **Fad Diets** : **(50 points)** Go to [www.placeatthetable.weebly.com](http://www.placeatthetable.weebly.com), choose a fad diet and complete

the steps outlined.

**OR (REQUIRED)**

1. **Cultural** : **(50 points)** Go to [www.placeatthetable.weebly.com](http://www.placeatthetable.weebly.com), choose a culture, pick a food dish,

and complete the steps outlined.

1. **Calculators** : **(15 points)** Go to [www.placeatthetable.weebly.com](http://www.placeatthetable.weebly.com) and define/research all 5 terms.
2. **Budget** : **(10 points)** Go to [www.choosemyplate.gov](http://www.choosemyplate.gov) and list 10 tips on how you can eater better

(healthier) on a budget.

1. **Weight Management : (10 points)** Go to [www.choosemyplate.gov](http://www.choosemyplate.gove) and list 10 tips for weight

management.

***LEGEND: EVALUATING/ANALYZING CONTENT (maximum 50 points) RED***

**Follow the Rubric on Page 9 for the Legend Assignment – Complete on your Webpage.**

1. In your opinion should society take responsibility for obesity? Defend your answer. **50 points**
2. In your opinion, do you consider obesity a disease?  Defend your answer.     **50 points**
3. Why do you think so many people fail when going on a diet? **50 points**
4. In your opinion, should insurance companies charge more for people who are extremely obese?  Should they charge more for people who smoke?  Should they charge more for people who live a risky lifestyle (ride motorcycles, go skydiving, mountain biking, etc.…)?  **50 points**
5. Do you think parents are negligent by providing “junk food” to their obese child? **50 points**
6. In your opinion, why are 1 out 3 children in NC are overweight? **50 points**
7. In your opinion, what can we do to reduce the obesity rate among children and adults in the U.S.? **50points**
8. In your opinion, do you think Physical Education should be required all 4 years to graduate in NC? **50 points**

**NOTE:  Website check will be on: Day of the Final**

 **Notebook check will be on: Day of Final!**

**Rookie/Pro Points**

**Homepage/10 Rules/Glossary/Food Groups/My Plate   Due Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Fad Diets/Cultural/Calculator’s/Budget/Weight Management Due Date: \_\_\_\_\_\_\_\_\_\_**

**Legend Due Date: \_\_\_\_\_\_\_\_\_\_\_\_\_**