

Day	Anchor Descriptor	Eligible Content or Academic Standard	Objective	Strategies for this lesson	Assessment
Mon.	R.7.A.2 R.7.B.1	10.1.6.A Describe growth and development changes that occur between childhood and adolescence and identify factors that can influence these changes.	Students will analyze how personal choice, disease, and genetics can impact health maintenance and disease prevention.	Independent Work, Direct Instruction, Notes, Differentiated Instruction	Formative- Choral Response of my pyramid and serving sizes. Summative-
Connection to Anchor: R.7.A.2.1. Identify and apply the meaning of vocabulary in nonfiction. R.7.B.1.2. Make connections between texts.					
Tues.	R.7.A.2 R.7.B.1	10.1.6.B Identify and describe the structures and functions of the digestive, excretory, muscular, and skeletal systems.	Students will identify health problems that can occur throughout life and describe ways to prevent them in regards to eating properly.	Independent Work, Direct Instruction, Notes, Differentiated Instruction	Formative- Please Do Now – calories per gram of fats, carbs, proteins. Summative-
Connection to Anchor: R.7.A.2.1. Identify and apply the meaning of vocabulary in nonfiction. R.7.B.1.2. Make connections between texts.					
Wed	R.7.A.2 R.7.B.1	10.1.6.D Explain factors that influence childhood and adolescent decision making on eating properly.	Students will identify health problems that can occur throughout life and describe ways to prevent them in regards to eating properly.	Independent Work, Direct Instruction, Notes, Differentiated Instruction	Formative-Think-pair-share on critical thinking question about role the government could play on regulating the fast food industry / school lunches. Summative-
Connection to Anchor: R.7.A.2.1. Identify and apply the meaning of vocabulary in nonfiction. R.7.B.1.2. Make connections between texts.					
Thurs	R.7.A.2 R.7.B.1	10.1.3.D Know age appropriate nutrition information.	Students will identify health problems that can occur throughout life and describe ways to prevent them in regards to healthy eating.	Independent Work, Direct Instruction, Notes, Differentiated Instruction	Formative- Sorting of physical and psychological complications in regards to eating disorders. Summative-
Connection to Anchor: R.7.A.2.1. Identify and apply the meaning of vocabulary in nonfiction. R.7.B.1.2. Make connections between texts.					

Fri	R.7.A.2 R.7.B.1	10.1.6.E Identify health problems that can occur throughout life.	Students will analyze how personal choice, disease, and genetics can impact health maintenance and disease prevention.	Independent Work, Direct Instruction, Notes, Differentiated Instruction	Formative- Choral Response of warning signs of eating disorders. Summative-
Connection to Anchor: R.7.A.2.1. Identify and apply the meaning of vocabulary in nonfiction. R.7.B.1.2. Make connections between texts.					