

Middle-level CTE  
Learning Experience Template  
March 2019

Middle-level CTE Learning Experience Title: Healthful Eating Habits  
Length of Lesson: 7 days ( 40 minute periods)  
Grade Level: 6-8

CTE Area: Health Sciences  
CTE Theme: Health Safety

Students research careers in public health programs designed to improve the health of the community.

	<p>Standard 2: Integrated Learning Students will demonstrate how academic knowledge and skills are applied in the workplace and other settings</p> <p>Standard 3a: Universal Foundation Skills Students will demonstrate mastery of the foundation skills and competencies essential for success in the workplace</p>
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Learning Objectives

Health, Safety, and Wellness

1. Health Practical Application (3)-4.9 applied activities 0.48

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My Food Journal handout, attached (Day 1, Day 7)

Guest Speaker- Teacher-



4. Choose a variety of lean protein foods
5. Compare sodium in foods
6. Drink water instead of sugary drinks
7. Eat some seafood
8. Cut back on solid fats





Teacher asks students to get out the personal goal statement they developed on Day 6.

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Teacher arranges students into groups of 4 that were established on Day 7.

Teacher asks dieticians (students) to share eating recommendations with their clients (classmates).

Teacher asks students to compare their goal statements with the dietician's recommendations and to write a summary paragraph addressing these questions:

- x Are your goal and dietician's recommendations the same? different?
- x What explanations can you provide for that results?
- x What is the most important take-away for you as you make food choices?
- x How do eating habits impact your overall wellness and help you to prevent chronic health issues?

developed on Day 6 and join their small group

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College, Career, and Life Readiness Skills	See below Based on Middle-level Life/Career Rubrics available at <a href="https://nyctecenter.org/middle-level-life-career-rubric-database/rubrics">https://nyctecenter.org/middle-level-life-career-rubric-database/rubrics</a>
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Performance Measure	Exemplary	Proficient	Developing	Beginning
Analyzes Career Opportunities	Analyzes career opportunities to determine requirements and compare effectively with			





1. Make half your plate fruits and vegetables.

Always

Sometimes

Never

2. Make half the grains you eat whole grains.

Always

Sometimes

Never

3. Switch to fat-free or low-fat (1%) milk.

Always

Sometimes

Never

4. Choose a variety of lean protein foods.

Always

Sometimes

Never

5. Compare sodium in foods.

Always

Sometimes

Never

6. Drink water instead of sugary drinks.

Always

Sometimes

Never

7. Eat some seafood.

Always

Sometimes

Never

8. Cut back on solid fats.

Always

Sometimes

Never



Participates Actively	Consistently provides useful ideas when participating in group and classroom discussions.	Provides useful ideas when participating in group and classroom discussions.	Sometimes participates in group and classroom discussions.	Does not participate in group or classroom discussions.
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Accesses Information

Locates information efficiently from reliable sources. Uses innovative strategies to access	Considers more than one strategy or tool to locate information, research is complete and accurate.	Accesses information from multiple sources and recognizes when information is incomplete, but fails
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