Sequencing Rational

This unit in health and wellness is sequenced based on the inquiry-related pattern. In addition, many patterns could have been used in this unit, but the strategy of inquiry-related is more appropriate for this unit. In this sequence, subunits start from general ideas to small details, and each subunit relates to the next.

 In the first subunit, students will identify healthy food definitions and understand what healthy food is. After that, students will discuss the importance of eating different kinds of food in order to understand how food can affect the growth of their bodies and provide some examples for unhealthy food that can harm their health. Then, they will understand the ways of keeping their bodies healthy to build strong, healthy lifestyles. This subunit provides for students the importance of healthy food, what the difference between healthy and unhealthy food in order to understand which is better for them, and why eating different kinds of food is important.

 In the next subunit, students will understand the meaning of the pyramid. Also, students will identify the five groups of the pyramid and demonstrate the components of each group, which are grains, vegetables, fruits, milk, and meat and beans with giving examples for each group. After that, they will identify the serving amount of each group of food per day. For example, “Choose My Plate” activity will help students to understand how much we need from each group of food for each meal by coloring a paper plate with 5 different colors, and then they will be capable to realize the amount of food per day. After they understand the pyramid, they will be capable to choose the best food for them. Then, students can apply what they learned and do more practices with peers in the classroom and make a list of each category. When students choose their snacks, they will be able to understand what kinds of food that will harm their health to avoid it and choose the best food. This subunit provides for students to understand and analyze the purpose of triangle shape, which is eating a lot from larger categories and less food from smaller categories.

 In the third subunit, students will understand the benefits of each color of food such as red, green, and yellow and orange. Also, they will identify the sources of each color. For example, they will be grouping food based on their colors like orange fruit under yellow and orange category, and then they know the benefit of eating an orange. This unit provide for students to understand that eating different colors to get all vitamins and mineral that their bodies need.

In the fourth subunit, students will define the meaning of labels. Students will understand the importance of looking at labels for each product in order to determine if it is good for them or not. Students will understand the benefits of labels, which is knowing the percentage of calories, sugar, and fat. Students will analyze the ingredients before eating products. They will demonstrate understanding of choosing healthy food. This subunit provide for students to build their ability to understand the ingredients of each product and then decide if it is healthy for them or not. In the classroom, students can bring products with them to analyze the ingredients and then discuss with peers.

In the fifth subunit, students will learn about healthy habits and then they can decide to change their bad habits to gain better health like eating breakfast every day. After this subunit, student can recognize how healthy food is very important for a long life and avoid bad diseases.

 In the final subunit, students will understand the importance of the prevention to build strong bones and muscles. Also, they understand the causes of obesity and diseases, like understanding that eating a lot of sugar will impact their health. In this unit, students will be knowledgeable about prevention to save their health.

Finally, Arrangement gradually helps students to understand topics better and they will be capable to make connections between information. The outcomes of this unit will improve students’ learning about healthy food, the benefits of eating healthy food, and the daily percentage that they need from each group of food. In addition, this unit helps students to promote their ability for choosing the best healthy food that they need. In addition, students will be capable to look at products first to know the percentage of sugar, then they can decide if it is appropriate for them or not. This sequence helps students to recognize what affects their health to avoid it and choose the best food to keep their wellness for a long life. I believe health and wellness can be very useful and change children’s bad habits.