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EDTL 7100 Summer 2011

Learning Outcomes

High School Health: Nutrition Unit

Subunit 1: Calories

* Students will know be able to define a calorie. (Knowledge)
* Students will comprehend why they need calories. (Comprehension)
* Students will be able to understand why certain factors affect their individual caloric needs. (Comprehension)
* Students will analyze what they can do to alter their caloric needs. (Analysis)
* Students will be able to apply knowledge of factors effecting caloric intake to fashion diets to both get increase size and to decrease size. (Application)

Subunit 2: Nutrients

* Students will know the six different nutrients and the purpose of each. (Knowledge)
* Students will comprehend potential problems of various nutrient deficiencies. (Comprehension)
* Students will be able to provide examples of healthy sources of the nutrients. (Knowledge)
* Students will analyze a personal two-day food journal to find strengths/deficiencies of diet. (Analysis)
* Students will apply knowledge of healthy sources of nutrients to reconstruct personal diet in a way to correct deficiencies. (Synthesis)