



South Carolina Academic/Career Development Integration Activity (DRAFT)

Title **Nutrition Goals (HS-3)***
Subject **Biology**

Grade Level(s) 9-12

SC Content Standard Biology - Standard B-3. The student will demonstrate an understanding of the flow of energy within and between living systems.

B-3.5. Summarize the functions of proteins, carbohydrates, and fats in the human body.

National Career Development Guidelines Goal/Indicator

Personal Social Development GOAL PS3. Integrate personal growth and change into your career development.

Indicator PS3.K2. Identify good health habits (e.g., good nutrition and constructive ways to manage stress).

Career Management GOAL CM1. Create and manage a career plan that meets your career goals.

Indicator CM1.A3. Demonstrate actions taken to attain your short-term and long-term career goals (e.g., education, employment, and lifestyle goals).

Career Development Objectives

1. The student will summarize the functions of proteins, carbohydrates, and fats in the human body.
2. The student will identify good health habits for nutrition and recognize how they impact school and work performance.
3. The student will take action to achieve better nutrition.

Assessment

1. The student will complete a brief report that summarizes the functions of proteins, carbohydrates, and fats in the human body.
2. The student will create a poster that shows a balanced “nutrient” menu for one day including proteins, carbohydrates, fats, vitamins, and minerals.
3. The student will set a goal for good nutrition, develop a plan for attaining the goal, and act on the plan (*Nutrition Goals* worksheet).

* Adapted from the North Dakota Career Development Implementation Tool Kit, Grade 10. Used with permission.

Preparation

- Prior Learning—Instruction on the functions of proteins, carbohydrates, and fats in the human body; familiarity with goal-setting and writing an action plan.
- Handouts/Worksheets—*Nutrition Goals* worksheet, handouts and worksheets related to the nutrition report/poster
- Resources/Materials—websites for nutrition research and related resources, textbook
- Time Required—120 minutes plus outside report/poster work and research

Procedures**Part One (60 minutes)**

- In this activity, students will further explore the functions of proteins, carbohydrates, and fats in the human body. They will identify good health habits for nutrition and recognize how they impact school and work performance.
- Review with students the key points about the functions of proteins, carbohydrates, and fats in the human body.
- Review with students the instructions for the report and poster. They are to write a brief report that summarizes the functions of proteins, carbohydrates, and fats in the human body. Then they are to create a poster that shows a balanced “nutrient” menu for one day including proteins, carbohydrates, fats, vitamins, and minerals.
- Review resources for the assignment.
- Give students time to complete the assignment as homework.

Part Two — Career Development Connections (60 minutes)

- Discuss with students the components of a healthy lifestyle. Nutrition is a key to a healthy lifestyle.
- Have students think about their own eating habits. Are they eating a balanced diet every day?
- Give students a copy of the *Nutrition Goals* worksheet. Review the directions with them and brainstorm some goals. Have students identify one goal for improving their eating habits that they will work on for the next 2 weeks.
- After students have worked on their plan for 2 weeks, engage them in a discussion of the results. Did they reach their goal? What helped? What got in the way?
- Make the connection between good nutrition and other good health habits and success in school and at work.

Crosswalks**SC Career Guidance Standard/Competency**

Learning to Work Standard 2. Students will demonstrate decision-making, goal-setting, problem-solving, and communication skills.

Competency 2.3. Demonstrate the importance of planning and goal setting.

Key Employability Skills

Personal Qualities—Responsibility, self-management

Thinking Skills—Problem-solving, decision-making, critical thinking, reasoning

Information Management—Acquires, interprets, and communicates information

Nutrition Goals

Name _____

Date _____

Directions: Think about your eating habits. What can you do to eat a more balanced diet and improve your nutrition? Choose one goal for improving your eating habits that you will work on for the next two weeks. Complete the worksheet to create a plan and help you stay on track.

Part 1 My Plan

1. My goal for better eating habits _____

2. Things that will help me reach my goal

Things that will hold me back

3. My action steps:

What will I do?	Who is involved?	When will I do it?

Part 2 How My Plan Worked

1. My plan worked: ____ Great ____ Good ____ Okay ____ Didn't work

2. I reached my goal ____ Yes ____ No
I feel better ____ Yes ____ No
I will continue with my plan ____ Yes ____ No

3. Comments: What worked, what you might change next time...
