

## Nutrition & Calorie Intake for Grades 9-12

### Overview:

The purpose of this lesson is to teach students about healthy eating habits as well as having them monitor their caloric intake during one full week (7 days ) in order to allow the students to become more aware of what they are eating, and the amount of calories they are consuming in a typical week. The students will be using the **Jotform “Submit Product”** form for part of the lesson requirement. The student will be able to use the **Jotform “Submit Product”** form to log in what they have eaten during the day, and how many ounces per portion, as well as the caloric content of each item. The student will be required to log into the **Jotform “Submit Product”** form once a day for seven days. At the end of the seven days, the instructor will help guide the students in making individualized healthy meal plans.

### Objectives:

- After giving the students a lecture on healthy eating habits and calorie consumption, the instructor will have the students log their caloric intake, the foods they are eating, and the ounces per portion in their notebook, for a period of seven days.
- The students will be able to log into **Jotform, “Submit Product”** form once a day, for seven days and log in the foods they are eating, the amount of calories they are consuming, and the ounces per portion.

### Standards:

Indiana Standard 3.2.4 Appropriately use simple tools, such as clamps, rulers, scissors, hand lenses, and other technology, such as calculators and computers, to help solve problems.

Indiana Standard 8.2.5 use computers to store and retrieve information in topical, alphabetical, numerical, and keyword files and create simple files of the students’ own devices.

### Materials:

- Ten computers (for a class of approximately 25 students)
- Paper
- Printers

### **Procedure:**

- After giving the students a lecture on healthy eating habits and calorie consumption, the instructor will have the students log their caloric intake, the foods they are eating, and the ounces per portion, for a period of seven days.
- The students will be required to log into **Jotform**, “**Submit Product**” form once a day, for seven days.
- The students will be required to record on **Jotform** “**Submit Product**” form what foods they are eating, the amount of calories they are consuming, and the ounces per portion.

### **Evaluation:**

The students will be graded on the following components:

- Completed notebook (logs of all foods consumed, calorie content, and ounces per portion.): 30 points
- Seven days of logging into **Jotform** “**Submit Product**”: 35 points
- Detailed description of calorie intake, ounces per portion, and food items for all 7 days: 35 points
- Possible Total: 100 points