

	Voo2Do Post Secondary Lesson Plan: Introduction to Food and Nutrition
Overview	After lectures over healthy diets and exercise plans, students will create calendars with their food and nutrition intakes for the rest of the semester along with an exercise plans that fit each individual student's needs.
Objective	After learning about adequate exercise and nutrition intake, students will make a calendar on Voo2Do displaying the nutrition and exercise goals for the semester. They will be graded for correctness and thoroughness as described by the rubric.
Learning Environment	Students will work on this project on their own time.
Description of Students	Undergraduate students studying science and enrolled in Introduction to Food and Nutrition
Standards	This project will satisfy Indiana's Academic Standard AP.29.9 for Nutrition
Materials	Access to research materials, including textbook and internet. Internet access for Voo2Do
Procedure	<ol style="list-style-type: none"> 1. Instructor lectures about nutrition intake and the effects of various food in the body 2. Instructor lectures on appropriate exercise amount and types depending on lifestyles and food intake 3. Assigns this project and explains that the students must use Voo2Do to organize and detail their nutrition and exercise plans. 4. The students will use Voo2do calendar and the ability to assign due dates in the Voo2Do application to calendar of appropriate nutrition intakes and exercise plans. This is not to promote dieting, but to promote understanding and application of the knowledge learned in class. 5. The final result should be a calendar depicting the nutrition goals and exercise plan for the semester.
Evaluation	Students' final calendar will be graded based on the instructor's desired level of thoroughness, as based on a rubric.