

## Post Secondary Lesson Plan

	<b>Let's Eat Healthy!</b>
<b>Overview</b>	Students will create a blog to chart a three day food entry using USDA Dietary Guidelines for Food and Nutrition 202 including caloric, fat, and protein intake.
<b>Objective</b>	Given the computer, Windows Live Writer, and a food chart, students will be able to post a three day food chart with 95% accuracy.
<b>Standards</b>	12.4.9: Use technology for all aspects of creating, revising, editing, and publishing. NW-3.1: Apply USDA Dietary Guidelines in planning to meet personal and family nutrition and wellness needs across the life span. NW-4.1: Demonstrate ability to select, store, prepare, and serve nutritious and aesthetically pleasing foods.
<b>Materials</b>	<ul style="list-style-type: none"><li>• Windows Live Writer</li><li>• Computer with Internet access</li><li>• F&amp;N 202 textbook</li></ul>
<b>Procedure</b>	<ul style="list-style-type: none"><li>• Assign readings from the text book</li><li>• Navigate through WLW</li><li>• Allow class time and personal time to develop and continue updating the blog</li></ul>
<b>Evaluation</b>	<ul style="list-style-type: none"><li>• 10 pts- Completing the full three days with little or no errors</li><li>• 7 pts- Completing the full three days with several errors</li><li>• 4 pts- Completing two days with little or no errors</li><li>• 0 pts- No attempt of assignment</li></ul>