Nutrition and Wellness

Academic Representative
Technology Education Concepts
www.TECedu.com | 800-338-2238

Description

DEPCO's Nutrition and Wellness curriculum covers issues that affect teens and provides them with the knowledge they need to lead a healthy lifestyle. Some of the specific topics addressed are the five food groups, the food guide pyramid, body systems, various exercises, blood pressure, body temperature, basic first aid, and substance abuse. All of the topics are presented in a fun and interactive manner to encourage and motivate students to make positive choices concerning their personal health.

Skills

- Measure body temperature at rest and after activity
- Measure blood pressure
- Measure body fat
- Identify different foods and know where they belong on the MyPlate

Knowledge

- Identify systolic and diastolic blood pressure readings
- Identify careers related to nutrition and fitness
- Explain how various foods affect our bodies in different ways

Activities

- Activity 1 - Introduction
- Activity 2 - Living a Healthy Lifestyle
- Activity 3 - Heart Rate
- Activity 4 - Temperature and Blood Pressure
- Activity 5 - Nutrition
- Activity 6 - Convenience vs Healthy
- Activity 7 - Exercise
- Activity 8 - Establishing a Routine
- Activity 9 - Substance Abuse
- Activity 10 - Post-Test and Wrap-Up
- Activity 11 - Bonus Activities
- Activity 12 - Challenge
- Activity 13 - Open-Ended Challenge
- Activity 14 - Careers
- Activity 15 - Internet

Standards

Math/Measure Problem Solving Science Reading

Module Includes:

Student Workbook, Instructor's Manual, Installation CD, Blood Pressure and Pulse Monitor, Instant Thermometer, Stopwatch, Treadmill, Body Fat Analyzer, MyPlate Display and Food Items, Measuring Tape, Ruler, Calculator, Bowl, Measuring Cups, Measuring Spoons, LMS Alcohol & Other Drugs Software, Spoon, Headphones (2), Module Box

Computer is required and sold separately.

Requirements
Module requires a computer workstation.
Sufficient work floor space for the treadmill should be allocated near the module workstation.

Curriculum Specifications

The student workbook contains concise hands-on procedures, illustrations, screen captures, and photographs which reinforce the multimedia content. Special attention is placed on interesting and relevant graphics to encourage visual learning. DEPCO Studio is an effective curriculum delivery system that uses the power of the computer to deliver educational content. By using interesting digital videos, full-color animations, professional quality narrations, challenging interactions, relevant photographs, and Computer Aided Instruction (CAI), DEPCO has modernized the way subject matter is taught. Modules are 15 units consisting of: - 10 basic activity days with Pre-Test, Post-Test, and Activity Review Questions - 5 enrichment activities include: vocabulary reinforcement, problem-solving, open-ended challenges, careers, and Internet activities An instructor's section includes: lesson plan outlines, installation instructions, and answer keys.

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