

# Berrien Springs Partnership Syllabus and Instructor Qualifications

## **CLASS TITLE: Nutrition and Wellness I (M.S)**

**GRADE OR AGE LEVELS:** Middle School 6th - 8th

**WHEN:** Fall, 2021

**HOW OFTEN (REQUIRED):** 1 hour weekly

**HOW OFTEN (POSSIBLE):** 1 hour weekly

**TOTAL SEMESTER HOURS POSSIBLE:** 16

**WHERE:** Neighbor to Neighbor Community Room /zoom

**INSTRUCTOR:** Peres Sambu

**CONTACT INFORMATION:** phone: 608-519-6977 email:[peressambu@gmail.com](mailto:peressambu@gmail.com)

**website:**

ADDITIONAL REGISTRATION AT SITE REQUIRED? NO

IF YES, INSTRUCTIONS FOR REGISTRATION:

## **INSTRUCTOR QUALIFICATIONS:**

Michigan State Certified Family and Consumer Science Teacher

## **COURSE DESCRIPTION (OVERVIEW):**

“Although adolescence and young adulthood are generally healthy times of life, some important health and social problems either start or peak during these years.” Listed among these problems is “Nutrition and weight conditions”.

<https://www.healthypeople.gov/2020/topics-objectives/topic/Adolescent-Health>

Teaching adolescents good nutrition will help build healthy eating habits that will positively impact their health both now and in future.

This course introduces the students to healthy eating. Using the concept of Traffic Light Eating, this course covers the importance of eating whole grains and fruits & veggies. (Proteins, healthy fats & oils and Water will be covered the following semester.)

Introduction to exercising is briefly covered in this course. The concept of wise and healthy food shopping is also taught with special emphasis on reading food labels.

## SYLLABUS/OUTLINE: WEEKLY BREAKDOWN OF PROJECT-BASED LEARNING ACTIVITY

**Describe activities that will reinforce the lesson. Include any work and time to be required outside of class:**

<b>Week</b>	<b>Topic</b>	<b>Sub Topic</b>	<b>Activity/Assignment</b>
1	-Course Introduction -Traffic Light Eating		Is it Green, Yellow or Red Light Food Activity
2	<b>Breakfast</b>	<i>Importance of Breakfast</i>	Class Discussion
3		<i>How to make a delicious Healthy Breakfast</i>	-To Go Breakfast/Recipe -Bring a cereal box to class next week
4		<i>How to Choose a Nutritious cereal</i>	Find the Fiber Activity Food Labels Activity
5		<i>Deciphering the Food Label</i>	Food Labels Activity
6		<i>Healthy Carbs</i>	Pantry Scavenger Hunt Challenge
7	<b>Grains from Around the World</b>		Grains From Around the World Activity
8	-Review -Project I	-Traffic Light Eating -Breakfast Ideas	-Brainstorm Breakfast Ideas -Write down how you would make one healthy breakfast dish and share with the class
9	<b>Veggies and Fruits</b>	<i>Importance of Fiber</i>	-Pop quiz -Fruit Skewers

			Activity/Recipe
10 Project due		<i>Fiber Boosting Tips</i>	Make your Own Trail Mix Activity/Recipe
11		<i>Value your Veggies</i>	List 3 reasons why Veggies are awesome
12	<b>Boost your Immunity</b>	<i>Happy Hormones</i>	Boost Your Immunity Activity
13		<i>Exercise</i>	Do simple indoor exercises
14	<b>Final Project</b>	<i>What's in the Fizz</i>	What's in the Fizz Project
15 Final project due	<b>Awash in Misinformation</b>		Group Discussion
16	<b>-Course Review -Overview of Next Semester's work</b>	<i>-Course Review -Protein and Play -Healthy Fats - Water</i>	-Play Games - Make your own Class Trail Mix/Share recipes with classmates

## COURSE OBJECTIVES AND APPROXIMATE TARGET DATES:

**Steps to check for student understanding, along with dates or # of weeks into class:**

1. Define green, yellow, and red light foods and give 3 examples of each - week 1
2. Give 2 reasons why breakfast is important -week 2
3. Make one healthy breakfast dish - week 3

4. State 3 points to consider when choosing a healthy cereal. - week 4
5. Differentiate between a nutrition facts label and a list of ingredients - week 5
6. Explain the relationship between the list of ingredients and the quantities of each ingredient - week 5
7. Name and identify at least 2 grains that are grown outside the USA. - week 7
8. State 4 reasons why fiber is important. - week 9
9. List at least 3 reasons why vegetables are awesome - week 11
10. Explain one way to boost immunity - week 12
11. Demonstrate how to do one simple indoor exercise - week 13

### STUDENT ASSESSMENT - what will be used to evaluate student progress and/or end of semester pass/fail status?

- 1) Student agrees to attend at least 80% of class sessions/lessons offered. Attendance is kept online and tracked by Partnership staff. Failure to meet 80% or be on track to meet 80% may result in program discontinuation.
- 2) The Partnership Student Assessment or Performance Form is filled out by the teacher and turned in to Partnership staff. The link to this form is found on the web page for this class. Failing marks for lack of participation, behavior issues, practice time, etc. may result in program discontinuation.

**Class-specific assessment:** discuss and include the form or a link to the form that you use.

Weekly class assignments and/or activities as shown on the syllabus will be used to evaluate student progress. There will also be 2 projects in the course of the semester.

**ADDITIONAL RESOURCES:** (online, books, video, etc.):

## **CLASS POLICIES: ATTENDANCE, BEHAVIOR, WEATHER, ETC.**

**Attendance:** Regular attendance required.

**Weather:** No class if Berrien Public Schools are closed due to inclement weather

**Other:**