Week of: 10/21/13-10/25/13 Teacher: Dr. Robinson Subject: Practicum in Health Science

|  |  |
| --- | --- |
| Monday | Objective: The learner will differentiate between the processes of digestion, absorption, and metabolism. |
| Activities: Write a comparative chart that shows similarities and differences between digestion, absorption, and metabolism. |
| Materials: textbook |
| Follow Up/HW: Study Vitamins and Minerals chart |
|  | |
| Tuesday | Objective: The learner will learn how to measure food energy and calculate how to maintain, lose, or gain one pound. |
| Warm-up: Review unit 10.3  Activities: Students will determine their body weight and calculate how to maintain, lose, or gain one pound. |
| Materials: pen, paper, textbook |
| Follow Up/HW: review notes and read ch.10 section 1. Study Vitamins and Minerals chart |
|  | |
| Wed/Thur | Objective: The learner will calculate percent calories from fat, carbs, and protein from various foods from various fast food restaurants. The students will learn the benefits to the five major food groups. |
| Activities: .  Wednesday: Med Term Test Ch. 14  Thursday: Get in groups and calculate percent calories from fat, carbs, and protein from various foods from various fast food restaurants. Go up to board and compare the restaurants. Create a sample daily menu using the five major food groups. |
| Materials: pen, paper, textbook |
| Follow Up/HW: study for quiz over 10.3 and 10.4 |
|  | |
| Friday | Objective: The learner will create a sample daily menu using the five major food groups. |
| Activities: Quiz over Unit 10.3 and 10.4. Continue calculations of calculate percent calories from fat, carbs, and protein from various foods from various fast food restaurants. |
| Materials: pen, paper, textbook |
| Follow Up/HW: Study Vitamins and Minerals chart |