



## A NOTE TO THE TEACHERS

Thank you very much for purchasing the *Human Body Detectives'* (HBD) *Nutrition 101* lessons for middle and high school students. This ideal teaching tool will greatly enhance your students' nutrition awareness while promoting a positive self-image and deeper appreciation of having a healthy, strong body.

Originally, I created the HBD series and subsequently the lesson plans, after spending time teaching about the digestive system and nutrition to my children's preschool and elementary classrooms. The kids were so enthusiastic and excited learning about their bodies that it led me to search for books about the human body, healthy eating, and food choices. In my search for books and resources, I discovered few books out there promoting kids' health in an unconventional way, and none designed to teach kids about health by focusing on specific body systems. I wanted to fill that void in the marketplace, hence Human Body Detectives (HBD) was born. Soon after, teachers and students asked for curriculum for teens so I have designed a curriculum for them that is thought based, practical, non-biased and allows students to rethink their own lifestyle habits.

There are 8 lessons; however, a few of the lessons may be divided into 2 lessons. As an extra bonus, I have included the *HBDs Go to School Nutrition Elementary Unit*. There is some over lap but includes additional lessons.

Many educators agree that student participation in note taking improves comprehension and retention of information. I have included suggested optional activities involving tablet apps (example: iPad), Cornell, Cloze, and Outline Note taking, to encourage kids to actively follow along and take notes. I have also added student notes for each lesson that contains almost all of the teacher notes. These can be given out for students to follow along or to students who have missed a class.

I find the "flipped classroom" approach helpful in gaining a greater student understanding and appreciation of the topic. I have included relevant videos that may be shown at the beginning of class or as homework. From watching the videos, students will dictate part of the lesson on their thoughts and questions about the video. Additional videos may be found on YouTube, Sophia.com, and Slideshowshow.net.

For the assessment, discussion of *The Unhealthy Truth* and the final class food assignment may be graded.

Please feel free to email me if you have any questions or if you are interested in having a Skype guest-speaking lecture with your class and myself.

Thank you again.

Be well,

dr. heather

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## ADDITIONAL OPTIONAL ACTIVITIES (extra credit)

### DAILY REVIEW ACTIVITY

As a Daily Review, assign a free technological app such as Leather Diary where students can journal thoughts about what they learned that day. Journal entries could include what they learned, thoughts about their own diets, and ideas on what to change in their eating habits. Leather Diary permits journal entries to be emailed to the teacher, allowing an opportunity for daily credit.

**Leather Diary link:**

<http://itunes.apple.com/us/app/leather-diary-sketch/id475103158?mt=8>.

### LESSON REVIEW ACTIVITY

At the completion of each lesson, students can Mind Map all that they learned in this lesson as their review. Use a free technological app such as Simple Minds + or have them Mind Map on paper or posters. Allow them to use their notes. This is an opportunity for review credit.

**Simple Minds + link:**

<http://itunes.apple.com/us/app/simplemind-mind-mapping/id305727658?mt=8>.

## NOTEBOOK ORGANIZATION

Students should organize and personalize a notebook that stores their information and activities for each lesson. Using a 1-½ inch binder with a plastic cover, students create a binder for this unit's information and activities.

Create a title page for the binder that is inserted in the front plastic cover. Its title is "Nutrition 101." If desired, personalize the binder's title page by researching "Health and Nutrition" quotes and pictures. Using these, decorate the cover page, depicting the importance of health and nutrition.

Using the eight dividers, label them in the following order:

- The Digestive System
- Vitamins and Minerals
- Proteins, Carbohydrates, and Fats
- A Spoonful of Sugar
- Acid/Alkaline Balance
- Food Diet
- The Unhealthy Truth
- Final Project