

(Campus)LPHS (Subject) AJROTC - Outreach Learning
March 30-April 3, 2020

(Grade Content)10th & 11th AJROTC- Week of (March 30-April 3, 2020)

Teacher/Team:

If there are any questions, please
feel free to email me/us at:

(Email Address of the Teacher)

montanezc@lpisd.org

Link to [TEAMS Folder](#)

Previous Lessons:

Link to: *(Resources)*.

[SFC Montanez JROTC Let 3 Periods](#)

Objectives

Objective / I Can:

Identify the recommended daily nutrition guidelines

Identify foods that provide the recommended daily nutrition

Explore the recommended daily intake of calories for a person of your age, gender, and physical condition

Correlate food portions and calories to optimum weight and health

Develop a nutritious diet for yourself

Define key words: carbohydrates, fats, minerals, protein, saturated fats, USDA Dietary Guidelines, vitamins, water soluble vitamins

Activities

Student Activities: (Resources, videos for students to use.)

Go to [Teams Folder](#). Look for the assignment:

1. Prepare a word document to turn-in the assignment. Document example is up-loaded in team's class resources.
2. Write the lesson objectives, and place information between the lesson objectives from the lesson content.
3. Write the lesson key word and definitions.
4. Write and answer the lesson review question.
5. Write a short summary of the lesson content.

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Academic/Instructional Support

Schedule:

Teacher Support – Teams, on line students chad
Telephone calls-Emails
Laptop computers
Feed Back
08:00- 12:00 AM, montanezc@lpisd.org

Office Hours

To Be Graded

Assignment for students to submit to TEAMS Folder:

1. Word Document

(Explain how the assignment will be assessed) Using the below Performance Standards.

Performance Standards

- by developing a weekly menu plan that meets the USDA Dietary Guidelines for the Cadet's weight, height, gender, and physical activity
- their plan includes printed copies of My Plan and Sample Meals from Super Tracker
- their plan is appropriate for the Cadet's age, gender, exercise level, and personal health goals
- their plan does not exceed recommended calories for the Cadet's profile
- their plan includes the recommended balance of different foods
- their plan is one that the Cadet can reasonably maintain

When is it due? *(Date: April 1, 2020 at 08:00 AM)*

What assignments will the student submit?

1. Nutrition- You Are What You Eat U-1C-1-L-4

How will it be submitted?

Electronically, in TEAMS.