

Name of Lesson: Percentages and Nutrition

Grade Level: 8

Subject: Math

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Overview & Purpose: To teach students how to calculate percents and percentages, and how to make healthy food choices using nutrition labels and information about nutrients.	Education Standards Addressed: Grade 8 Math, BC IRPs PLO A3 It is expected that students will demonstrate an understanding of percents greater than or equal to 0%.
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	Teacher Guide	Handouts
Objectives	<p>Students will be able to:</p> <ul style="list-style-type: none">- examine nutrition labels and rank foods on a health scale based on the information presented in the label.- differentiate between percent and percentage and give examples of each.- recognize that percent means “per 100” or “out of 100”.- express a percent as an equivalent decimal or fraction.- evaluate percentages of numbers that are not 100 with 100% accuracy.- employ multiple mathematical operations such as division, multiplication, addition and subtraction to solve word problems involving percentages.	

	Teacher Guide	Handouts
Information	Nutrition education: <ul style="list-style-type: none"> - Briefly explain the different nutrients, why they're bad/good in high/low quantities. - Discuss nutrition labels, how to read them and how they can help to make healthy food choices. - Discuss the Canada Food Guide, particularly the recommended servings per day. 	<ul style="list-style-type: none"> - All About Nutrition - Nutrition Labels - Canada Food Guide: Recommended Servings - Nutrients in Vegetable and Fruit Products
	Percent: <ul style="list-style-type: none"> - What is percent? - Taking percentages of numbers. - Expressing a percent as a decimal or a fraction (conversions). - Word Problem examples - Difference between percent and percentage. 	<ul style="list-style-type: none"> - Percentages note sheet.
	*Students will fill in the note handout as they go along, which will allow them to focus more on learning instead of writing all the notes by hand.	
Activity	Group Activity: <ol style="list-style-type: none"> 1. Separate the class into groups of ~4 students. 2. Each group will have a different nutrition label which they will use to answer questions. <i><u>Make it clear that students will be marked for participation and effort, not for correct answers.</u></i> 3. After they answer all of the questions, each student will write an answer up on the board (same question for every group, so we can compare answers). 4. After each answer is written, the class will have a mini-discussion to see which food label they think is the healthiest → observe how the class opinion changes with each new answer. *For the discussion, the students must stay in their groups, but they don't need to be sitting in their desks. 5. At the end, each group will declare what they believe their food item to be. It will then be revealed what each group's food item will be. 	<ul style="list-style-type: none"> - Nutrition Labels - Percentages - Group Activity - Food Labels
		Why this activity works: <ul style="list-style-type: none"> - Allows students to participate in collaborative learning. - Enables discussion and creative thinking. - Gets the students moving (not always sitting).

Available Resources	Homework	Assessment
A full copy of the Canada Food Guide will be made available in the classroom for students to look at.	None	Participation and effort mark for the group activity for each of the students. It will be important to walk around the classroom during the activity and make sure that everyone is participating!