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| **Teacher(s)** | **Mr. Oni** | **Subject group and discipline** | **Physical Education**  |
| **Unit title** | **Food for Thought**  | **MYP year** | **1** | **Unit duration (hrs)** | **6** |

##### Inquiry: Establishing the purpose of the unit

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| **Key concept** | **Related concept(s)** | **Global context** |
| Relationship | **Choice****Function** | **Relationships****Exploration:****Health and well being**  |
| **Statement of inquiry** |
| **The relationship between you and your food choices can have a major impact on your body function.** |
| **Inquiry questions** |
| **Factual—** What are the six essential nutrients?**Conceptual—** What are some of the benefits of a healthy balanced diet?**Debatable—** What is the most important meal of the day and why? |
| **ATL Skills:** In order to understand the relationship between food and the human body, one must understand the proper nutritional balance and how it impacts the function of the human body.The students will need to demonstrate their knowledge and understanding of essential nutrients by listing what they are and how they help the body. Some questions they will have to ask: What healthy replacement can I add to my meal instead of consuming “junk food”? How can I adjust my meals so that I’m eating what I like while receiving my essential nutrients?  |