

Teacher(s)	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

Key concept	Related concept(s)	Global context
Change	Balance and Function	GLOBAL CONTEXT: Identities and Relationships EXPLORATION: Health and well-being
Statement of inquiry		
Identifying the relationship between a balanced diet and the function of your body can help you change your diet for the better.		
Inquiry questions		
Factual — What is the standard amount of calories allowed per day? Conceptual — What are some of the benefits of a healthy balanced diet? Debatable — Which of the six essential nutrients is the most important and why?		
Objectives	Summative assessment	