

# Example curriculum timeline - Metabolic Magic

Activity Time: 50 minutes each

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	<u>Metabolic Magic Intro</u> Trailer Video Explain program Technical housekeeping for tablets, ipads, etc.	<u>MM: Case Study 1 Intro</u> Interview Mayor Review MM news (take notes) Newspaper Review Quiz	<u>Neighborhood Intro</u> Brickstones The Heights The Villages Quiz/Discussion	<u>Macronutrients Intro</u> Pre-lesson Quiz (begin on puzzle page) Intro to problem Discussion	<u>Macronutrients Con't</u> Start up video Fiber Prezi Macro Quiz
Week 2	<u>Traffic Light Eating</u> Case study wrap-up Quiz Menu Plan	<u>Lesson Plan: Traffic Light Eating</u>	<u>Lesson Plan: Traffic Light Eating Cont.</u> TLE Activities Preparing Menus TLE foods handout	<u>Plan: Food Lab</u> Menu Plan Select Recipes Plan: Work Schedule Discuss field trip	<u>Lab Day: Food</u> Cooking Eating Clean up
Week 3	<u>Lesson Plan: Fat &amp; Your Diet</u> Assign: Articles on macronutrients	<u>Activity: Fat &amp; Your Diet</u> Assign: Vegetarian for a day (Due in 2 days)	<u>Field Trip: Grocery Store</u> Assign: Get to know your grocery store Tour produce & meat department	<u>Due: Vegetarian for a Day</u> Grocery store discussion Pop Quiz	<u>Lab Day: Vegetarian dish</u> Cooking Eating Clean up
Week 4	<u>Introduce Mini-interventions</u> Group discussion-- bridge between case study 4 and possible projects in their own community	<u>Begin Mini-intervention</u> Project brainstorming and planning Use Mind-map	<u>Mini-intervention/Project</u>	<u>Mini-intervention/Project</u>	<u>Mini-intervention/Project</u>
Week 5	<u>MM: Case Study 2 Intro</u> Problem to be solved Pre-Quiz Micronutrients Prezi	<u>Drill Down: Micronutrients</u>	<u>Lesson Plan: Food Intolerance and Food Allergy</u> Discussion and quiz	<u>Lesson Plan Review: Food Intolerance &amp; Food Allergy</u> Quizzes	<u>MM: Food Labels</u> Prezi Lesson Plan: Food Label Fun

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Week 6	<u>Lesson Plan: Food</u> Activity: Label Fun_Con't. Food Label What's in that food?	<u>Menu Planning</u> Select recipes/packaged foods Plan: lab day schedule	<u>Lab Day: Food Prep</u> Cook Share Foods Evaluation Clean up	<u>Lesson Plan: Five a Day the Color Way</u> Instructions: follow the food diary handout	<u>Activities for Five a Day:</u> Name those foods Food diary report Handout: Phytonutrients Checklist (Due in 1 week)
Week 7	<u>Mini-intervention/Project</u>	<u>Mini-intervention/Project</u>	<u>Mini-intervention/Project</u>	<u>Mini-intervention/Project</u>	<u>Mini-intervention/Project</u>
Week 8	<u>MM: Case Study 3 Intro</u> Problem to be solved Pre-Quiz Mind/body Connection Video Story Graphic Quiz	<u>Nutrition and Brain Health</u> Prezi: Diet & Health Video: Healthy Snacks Better fast food options Quiz or self-reflection	<u>Lesson Plan: Let's Get Physical</u> Plan activity with P.E. class next day	<u>Activity (with P.E. class): Find Someone Who..</u> Back to classroom for discussion	<u>Due: Phytonutrients Checklist</u> Reflection Quiz: Case Study 3 info
Week 9	<u>Lesson Plan: Energy Balance Beam</u> Activity: Calorie intake daily energy needs How to spot a fad diet	<u>Lesson Plan: Energy Balance Beam Con't</u> Quiz: Let's get physical Assign: Log your jog (Due in 1 week)	<u>Lesson Plan: Diabetes</u> Quiz	<u>Plan: Meal Menu</u> Diabetic Healthy Eating Select Recipes Plan: work schedule	<u>Lab Day</u> Food Prep Cook Share Meal Clean up
Week 10	<u>Mini-intervention/Project</u>	<u>Mini-intervention/Project</u>	<u>Mini-intervention/Project</u>	<u>Mini-intervention/Project</u>	<u>Mini-intervention/Project</u>

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Week 11	<u>MM: Case Study 4 Community Garden Initiative</u> Intro and discussion	<u>MM: Case Study 4</u> -Food justice lesson and discussion	<u>MM: Case Study 4</u> -Food and culture lesson plan/reading	<u>MM: Case Study 4</u> Break-fast around the world activity	<u>MM: Case Study 4</u> -Community garden documentary, discussion and quiz
Week 13	<u>Community project planning:</u> Mindmap activity done individually by students	<u>Story of my food:</u> Online lesson and quiz	<u>Story of my food:</u> lesson plan and activity	<u>Wrap up and discussion:</u> Brainstorm community project/mini-intervention	<u>Choose community project/mini-intervention:</u> use mind-map for initial planning
Week 14	<u>Mini-intervention/Project</u>	<u>Mini-intervention/Project</u>	<u>Mini-intervention/Project</u>	<u>Mini-intervention/Project</u>	<u>Mini-intervention/Project</u>

### Flexible schedule:

**Additional Mini-Interventions (from Nutrition Factory) may be built into the grid, during or after each case study. This is a sample timeline. Nutrition Factory materials such as Lesson Plans/Activities and Mini-interventions can take various amounts of time depending on the project and class engagement.**