**Essential Question**

What is unhealthy?

**Emotional Beginning**

<https://youtu.be/AoU9dtLNaec>

**Herding**

What was the cause of this man’s death?

What could have been avoided?

Is his condition genetic?

How do our nutritional choice affect our body composition?

**Break Down of task**

Each group (water, carb, lipid, protein) demonstrate understandings and skills to the class as a teachable. Link to form and function including healthy versus unhealthy.

* Teachable material
* Example(s) of a practical that you can do to explore the content
* Peer communication and reflcetion
* Reflective exit for debrief (at conclusion)

You will be sharing the content with me (so we can share out all the creations for all classes). You will be sharing your created content with a peer group who will give you feedback on your task. Once the sharing has completed there will be a space for reflection on Veracross. This will provide you an opportunity to be reflective on your learning and the process of investigation. These will be posted as a set of questions on VC.

**Exit (things to think about)**

Do you know what you are eating and why?

Are we providing you with the capacity to eat healthy food?

Do you plan on looking into eating differently now?