

Nutrition

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<http://www.telresources.org/resource43>

TYPE	Lesson plan
LEVEL	vocational
MODALITY	blended
SUBJECT	nutrition,wellness
TECHNOLOGY	internet resource,video,image-based,presentation,mobile device,whiteboard
KEYWORDS	nutrition,meal planning,eating on a budget

This lesson was developed as a Wellness series for students to prepare to begin their career in the trades. The students come from varying backgrounds. Some have a fair bit of knowledge on healthy eating and meal planning while others may have none. This lesson has a lot of different types of TEL to accommodate different learning styles.