



6<sup>th</sup> Grade Nutrition CLE  
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<http://healthyseoul.weebly.com/>

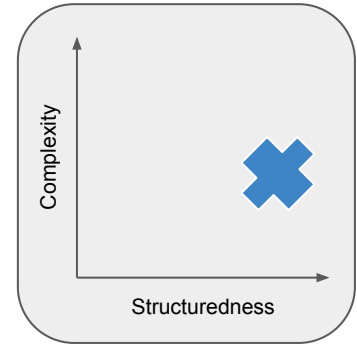
# Overview

Website designed for in class use.

Stage One	Stage Two	Stage Three
Multi-linked content on Macronutrients, reading focused	Analysis of students actual school lunch	Case Study of a family's public Nutrition Action Plan

# Stage One

Problem Space: navigate the three content pages, including internal and external site resources, in video, graphics and text.



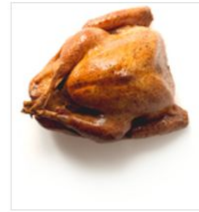
*Hyperlinked, Opportunities for exploration*

## Macro-nutrients

*There are three big macro-nutrients you body needs to grow and be strong! Learn about them clicking on the images to the right.*



Carbohydrates



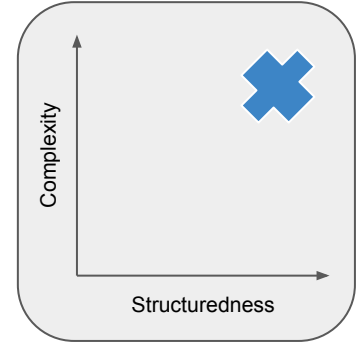
Protein



Fat

# Stage Two

Problem Space: Use the content learned in Stage One to Analyze a school lunch, and design students own menu. Finally, Students will share their menu in powerpoint presentations.



*Complex, Well-Structured, Many Possible Solutions*

## Lunch Tuesday, May 20th

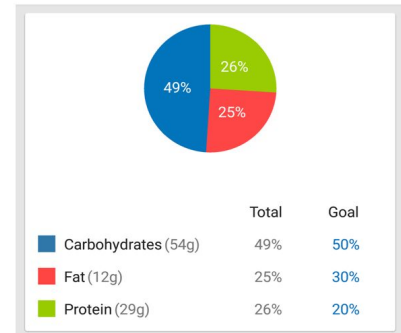


1. Brown Rice 200g
2. Beansprout Side Dish 55g
3. Korean Kimchi 56g
4. Korean spicy pork stir fry 67g
5. Korean soft tofu soup 350g
6. Small Pastry 50g

## Data

Your Food Diary For: **Saturday, May 20, 2017**

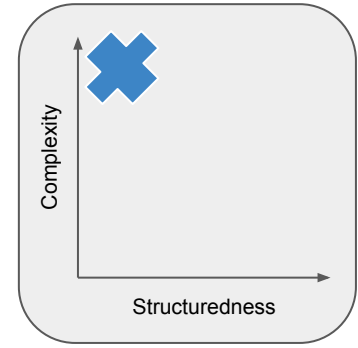
	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Fiber g
<b>Breakfast</b>						
Add Food   Quick Tools						
<b>Lunch</b>						
Kimchi - Spicy Kim Chi, 56 g	18	2	0	1	240	1
Korean-Beansprout - Beansprout Side Dish, 55 g	25	2	2	1	450	0
Rice - Brown, medium-grain, cooked, 200 g	224	47	2	5	2	0
Jjapchobokum - Korean spicy pork and tteu, 66 g, 47 g	79	3	4	8	0	0
Stash Tofu - Korean Soft Tofu Soup, 350 grams	145	0	5	10	147	0
Sim - Little Bread Pastry, 1/2 cup cooked	100	0	0	4	2	0
Add Food   Quick Tools	591	54	13	29	909	1
<b>Dinner</b>						
Add Food   Quick Tools						
<b>Snacks</b>						
Add Food   Quick Tools						
Totals	691	64	13	29	909	1
Year Daily Goal	1,970	248	66	99	2,200	74
Remaining	1,279	182	53	70	1,291	73
	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Fiber g



# Stage Three

Problem Space: A single class period Case Problem, Introduced by video, and concluded with group led panel discussions.

*Complex, Ambiguous, Very Ill-Structured.*



# Design and Development Challenges

- **Stage One** was not built to adapt to students choices, clicks were not tracked and the software *does not adapt to student interaction*.
- **Stage Two** was more complex than I anticipated recommended calorie intake and macros balance is highly individual, so planning a balanced meal for all students is very difficult. *The problem solution is not well defined*.
- **Stage Two**, I anticipate difficulty in student interaction with the website or app *My Fitness Pal*, *training students to use the technology will be important*, but is not currently supported.
- **Stage Three**, had difficulty finding a good case or story to match the student's language level and content understanding. In practice, *a larger case library would improve the educational outcome*.