

LESSON TITLE PAGE

TITLE:	Nutrition
Date:	[DATE]
Time Limit:	40 Minutes
Instructor:	[INSTRUCTOR]
Interest:	Debate their favorite meal with other cadets (pairs of two). Using these meals, how easy would it be on a tramp
Handouts:	None
Review:	None
Whiteboard Layout:	Top left will have a key elements, eg Macronutrients Side by side section with a good vs bad food

INTROSH LESSON PLAN PAGE

Key	Instructional Points	Training Aids	Student Activity
Interest:	Debate their favorite meal with other cadets (pairs of two). Using these meals, how easy would it be on a tramp		To talk to other cadets
Title:	Nutrition on a Tramp		
Objectives:	The objective of the lesson is to teach the cadets what types of food are important and good to bring on an overnight tramp consisting of at least one night		
Need:	The need for this is when a cadet is planning a tramp, they will need to know what food to bring as to keep them energized on the tramp		Ask the cadets why they might need to know this
Scope:	To cover what types of food is important in terms of energy, then to go over the importance of each type, followed by examples of food that work well on a tramp. Then to cover special dietary requirements		Ask the cadets questions throughout the lesson
References:	The references I will be using for this are from online sources or any cadet related pages	Label the references on the whiteboard	
Handouts:	None		
Revision:	None		

LESSON PLAN PAGE

Key	Instructional Points	Training Aids	Student Activity
Macronutrients	<p>Types</p> <ul style="list-style-type: none"> - Carbs - Fats - Proteins <p>What each type does</p> <ul style="list-style-type: none"> - How much of each type you get per gram <ul style="list-style-type: none"> - 4 cal/g - 9 cal/g - 4 cal/g <p>Ratio of each type</p> <p>How much energy people will need</p> <p>What sorts of food do we get them from</p> <p>What is suitable for tramping</p> <ul style="list-style-type: none"> - Good vs Bad chart 	Whiteboard	Ask the cadets questions related to each point and ask them to provide examples and decide themselves how that example fits with each point
Dietary Requirements	<p>Vegetarian / Vegan / Allergies (eg gluten)</p> <ul style="list-style-type: none"> - What other sources you can gain energy from that will meet their requirements <p>Vitamins + Minerals (Possibly Skip)</p>	Whiteboard	Get the cadets to point out the importance of why you should cater for different people and have them provide examples of replacement foods
Per Person	<p>Factors of a person that could result in more or less energy needed</p> <ul style="list-style-type: none"> - Size - Metabolism <p>Preference food / drinks</p> <ul style="list-style-type: none"> - Picky eaters 🙄 - Choice of snacks 	Whiteboard	Have the cadets state their own preferences (if any) and why they prefer that over other options

TENSION LESSON PLAN PAGE

Key	Instructional Points	Training Aids	Student Activity
Title:	Nutrition on a tramp		
Objectives:	The objective of the lesson is to teach the cadets what types of food are important and good to bring on an overnight tramp consisting of at least one night		
Need:	The need for this is when a cadet is planning a tramp, they will need to know what food to bring as to keep them energized on the tramp		Ask the cadets why they might need to know this
Summary:	To explain the importance of nutrition and how it helps to energize someone on an overnight tramp consisting of at least one night		Ask the cadets questions throughout the lesson
Extra Help:	Google a list of food to bring on a tramp that fits a general set of people.		
Next Lesson:	Your next period of instruction is: [NEXT_LESSON] With [NEXT_INSTRUCTOR] [NEXT_LOCATION] at [NEXT_TIMING] Dressed [NEXT_DRESS]		
Interest:	Debate their favorite meal with other cadets (pairs of two). Using these meals, how easy would it be on a tramp		To talk to other cadets