

Comprehensive Health - Nutrition & Body Image Grades 6-8

Lessons	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Unit One: Food Factors Activity 1	1-1-a Model appropriate ways to express feelings in a variety of age-appropriate situations. 1-1-c Analyze how appropriate and inappropriate health practices affect self and family. 1-2-b Examine practices which enhance personal, emotional, social, and physical well-being. 1-2-c Examine ways to avoid, minimize, or cope with adolescent health problems.	No Matches	
Activity 2	1-1-c Analyze how appropriate and inappropriate health practices affect self and family. 1-2-b Examine practices which enhance personal, emotional, social, and physical well-being. 1-2-c Examine ways to avoid, minimize, or cope with adolescent health problems. 1-3-c Examine health practices which may cause and/or spread/prevent disease.		
Activity 3	1-1-c Analyze how appropriate and inappropriate health practices affect self and family. 1-2-b Examine practices which enhance personal, emotional, social, and physical well-being. 1-2-c Examine ways to avoid, minimize, or cope with adolescent health problems. 1-3-c Examine health practices which may cause and/or spread/prevent disease.		
Activity 4	1-1-c Analyze how appropriate and inappropriate health practices affect self and family. 1-2-b Examine practices which enhance personal, emotional, social, and physical well-being. 1-2-c Examine ways to avoid, minimize, or cope with adolescent health problems.		

Lessons	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Activity 4 (Cont.)	1-3-c Examine health practices which may cause and/or spread/prevent disease.		
Unit Two: You and Your Nutrition			
Activity 1	1-1-c Analyze how appropriate and inappropriate health practices affect self and family. 1-2-c Examine ways to avoid, minimize, or cope with adolescent health problems.		
Activity 2	1-2-c Examine ways to avoid, minimize, or cope with adolescent health problems.		
Unit Three: Balancing the Choices			
Activity 1	1-1-c Analyze how appropriate and inappropriate health practices affect self and family. 1-2-c Examine ways to avoid, minimize, or cope with adolescent health problems. 1-3-c Examine health practices which may cause and/or spread/prevent disease.		
Activity 2			
Activity 3	1-2-c Examine ways to avoid, minimize, or cope with adolescent health problems. 1-3-c Examine health practices which may cause and/or spread/prevent disease.		
Activity 4	1-2-b Examine practices which enhance personal, emotional, social, and physical well-being. 1-2-c Examine ways to avoid, minimize, or cope with adolescent health problems. 1-3-c Examine health practices which may cause and/or spread/prevent disease.		
Unit Four: Consuming Concerns			
Activity 1			1-1-a Use specific cues/strategies to make connections with, predict meaning of, and comprehend information within text.

Lessons	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Activity 1 (Cont.)			<p>1-1-b Determine when a specific cue of strategy can be used most effectively to read for comprehension.</p> <p>1-1-c Use prior knowledge and experience to interpret and construct meaning from various texts.</p> <p>1-4-c Collect and summarize information to make reasonable and informed decisions.</p> <p>2-4-a Write to clarify what is known about various topics.</p> <p>2-4-b Write to synthesis, interpret, and use new information.</p>
Activity 2			<p>1-1-a Use specific cues/strategies to make connections with, predict meaning of, and comprehend information within text.</p> <p>1-1-b Determine when a specific cue of strategy can be used most effectively to read for comprehension.</p> <p>1-1-c Use prior knowledge and experience to interpret and construct meaning from various texts.</p> <p>1-4-c Collect and summarize information to make reasonable and informed decisions.</p> <p>2-4-a Write to clarify what is known about various topics.</p> <p>2-4-b Write to synthesis, interpret, and use new information.</p>
Activity 3			<p>1-1-a Use specific cues/strategies to make connections with, predict meaning of, and comprehend information within text.</p> <p>1-1-b Determine when a specific cue of strategy can be used most effectively to read for comprehension.</p>

Lessons	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Activity 3 (Cont.)			<p>1-1-c Use prior knowledge and experience to interpret and construct meaning from various texts.</p> <p>1-4-c Collect and summarize information to make reasonable and informed decisions.</p> <p>2-4-a Write to clarify what is known about various topics.</p> <p>2-4-b Write to synthesis, interpret, and use new information.</p>
Unit Five: Eating Out			
Activity 1	<p>3-1-b Analyze how social pressures can influence participation in risk-taking behaviors.</p> <p>3-1-c Analyze personal practices which promote lifelong health and well-being.</p>		
Activity 2	<p>3-1-b Analyze how social pressures can influence participation in risk-taking behaviors.</p> <p>3-1-c Analyze personal practices which promote lifelong health and well-being.</p>		
Activity 3	<p>2-1-c Analyze the impact of technology on personal and family health decisions and practices.</p> <p>3-1-b Analyze how social pressures can influence participation in risk-taking behaviors.</p> <p>3-1-c Analyze personal practices which promote lifelong health and well-being.</p>		<p>2-3-c Write on a routine basis to gain confidence and identity as an author.</p> <p>2-4-a Write to clarify what is known about various topics.</p> <p>2-4-b Write to synthesis, interpret, and use new information.</p>
Unit Six: Who Am I?			
Activity 1			
Activity 2			
Activity 3			
Activity 4			
Unit Seven: Healthy and Risky Eating Choices			
Activity 1	1-1-c Analyze how appropriate and inappropriate health practices affect self and family.		1-4-c Collect and summarize information to make reasonable and informed decisions.

Lessons	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Activity 1 (Cont.)	<p>1-2-b Examine practices which enhance personal, emotional, social, and physical well-being.</p> <p>1-2-c Examine ways to avoid, minimize, or cope with adolescent health problems.</p> <p>3-2-c Analyze personal health progress and adjust behaviors as needed.</p> <p>3-1-a Describe how personal choices can impact (sic) long-range health.</p> <p>3-1-b Demonstrate individual responsibility in health-related decisions/choices.</p>		3-1-b Use various listening techniques in problem-solving and decision-making situations.
Activity 2	<p>1-1-c Analyze how appropriate and inappropriate health practices affect self and family.</p> <p>1-2-b Examine practices which enhance personal, emotional, social, and physical well-being.</p> <p>1-2-c Examine ways to avoid, minimize, or cope with adolescent health problems.</p> <p>3-2-c Analyze personal health progress and adjust behaviors as needed.</p> <p>3-1-a Describe how personal choices can impact (sic) long-range health.</p> <p>3-1-b Demonstrate individual responsibility in health-related decisions/choices.</p>		<p>1-4-c Collect and summarize information to make reasonable and informed decisions.</p> <p>3-1-b Use various listening techniques in problem-solving and decision-making situations.</p> <p>3-2-c Determine how presentation design can affect the interpretation of oral/visual information, e.g., layout, color, sequence, sound effects.</p>
Activity 3	<p>1-1-c Analyze how appropriate and inappropriate health practices affect self and family.</p> <p>1-2-b Examine practices which enhance personal, emotional, social, and physical well-being.</p> <p>1-2-c Examine ways to avoid, minimize, or cope with adolescent health problems.</p> <p>3-1-a Distinguish short and long-term consequences of risky and harmful behaviors (sic).</p>		<p>1-4-c Collect and summarize information to make reasonable and informed decisions.</p> <p>3-1-b Use various listening techniques in problem-solving and decision-making situations.</p>

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Activity 3 (Cont.)	<p>3-2-c Analyze personal health progress and adjust behaviors as needed.</p> <p>3-1-a Describe how personal choices can impact (sic) long-range health.</p> <p>3-1-b Demonstrate individual responsibility in health-related decisions/choices.</p> <p>4-2-a Demonstrate healthy ways to express needs, wants, and feelings.</p>		
Unit Eight: Planning Healthy Meals			
Activity 1			
Activity 2			
Activity 3	5-3-b Choose and model health advocacy strategies for families, schools, and communities.		
Activity 4	5-3-b Choose and model health advocacy strategies for families, schools, and communities.		