9th Grade Health Education Objectives

UNIT: NUTRITION & FITNESS

The student will:

Content Concepts
• Analyze benefits and strategies for maintaining a healthy weight
  o Concepts –BMI (pros/cons), weight control, nutrient density
  o Benefits (nutrition, energy, reduced risk of disease)
  o Strategies – energy balance, physical activity, avoid fad diets

Analyzing Influences
• Analyze personal nutrition and eating behaviors

Accessing Information
• Access and evaluate current, accurate information for nutrition and weight management

Self-Management
• Identify areas of personal eating behaviors that need improvement
• Create an eating plan that targets identified areas.