

9th Grade Health Education Objectives

UNIT: NUTRITION & FITNESS

The student will:

Content Concepts

- Analyze benefits and strategies for maintaining a healthy weight
 - Concepts –BMI (pros/cons), weight control, nutrient density
 - Benefits (nutrition, energy, reduced risk of disease)
 - 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.