

8th Grade Health Education - Nutrition

Illinois State Standard

23 Understand human body systems and factors that influence growth and development.

National Standard

1 Comprehend concepts related to health promotion and disease prevention to enhance health.

Performance Descriptors

23B.F2 Predict what will happen if someone eats too many high calorie foods.

23B.F3 List choices that have a positive influence on health.

23B.F4 List choices that have a negative influence on health.

23C.F3 Explain the effects of diet and exercise on body weight and composition.

23C.F4 Identify portion size and number of servings suggested fulfilling basic nutritional needs.

23C.G4 Recognize the relationships between diet (excesses and deficiencies) and the body's systems.

23C.H7 Use knowledgeable consumer skills to purchase healthy foods.

1.8.1 Analyze the relationship between healthy behaviors and personal health.

Transfer goals: Students will be able to independently use their learning to... self-assess their daily eating habits to improve health, increase longevity, and quality of life.

Knowledge: Students will know...

The difference between positive and negative nutritional choices.

Healthy portion sizes and how excess calories will affect body weight.

Recommended daily value percentages/guidelines for fat, cholesterol, dietary fiber, vitamins, minerals, and sodium.

What the 6 essential nutrients are.

Components of a food label.

Marketing strategies to influence food choices (Gluten Free, Low Fat, Sugar Free etc.).

Skill: Students will be able to...

Read a nutrition label and determine the healthier option.

Calculate total calories/fat/sugar for a variety of products.

Recognize the impact of diets on health.

Identify from a variety of food choices which is the healthiest.

Identify accurate and reliable information (.org, .com, .edu, .gov).

Use the DECIDE model to make healthy nutritional choices.

Understandings: Students will understand that...

The impact food choices will have on their personal health.

What they consume affects their personal health.

They need to consume a variety of different foods to meet nutritional requirements.

Essential questions: Students will keep considering...

How can I improve my eating habits?

How do my eating habits affect my personal health?

Why is it important to eat healthy?

Performance Task: Teacher created assessment.