

**National Health
Education Standard**

1 Students will comprehend concepts related to health promotion and disease prevention to enhance health.

3 Students will demonstrate the ability to access valid information, products, and services to enhance health.

Performance Descriptors

3.12.1 Evaluate the validity of health information, products, and services.

3.12.2 Use resources from home, school, and community that provide valid health information.

3.12.3 Determine the accessibility of products and services that enhance health.

3.12.4 Determine when professional health services may be required.

3.12.5 Access valid and reliable health products and services.

HBO-HE-5-Drink plenty of water everyday

HBO-HE-8 Eating healthy snacks

HBO-HE-12- Follow and eating plan for health growth and development.

Accessing Valid and Reliable Information, Products and Services

Healthy Eating for Disease Prevention Content Focus

Performance Tasks: Students will choose a nutrition focused question (personal or from a list) and use ACCESS (Accuracy, Credibility, Current, Ease of Use and Access, Situations, Support) to demonstrate mastery of accessing valid and reliable information skills to answer their question and identify the impact on their health and nutrition choices.

Knowledge: Students will know...

Where and how to find valid and reliable nutrition information, services, and products.

What makes a resource valid, reliable and credible.

The ACCESS acronym (Accurate, Credible, Current, Easy to use and Access, What Situations is it best used in, Are Claims or information Supported).

The connection between nutrition and disease.

The impact family, peers, media, culture, and technology have on eating behaviors and choices.

The importance of nutrients on the body for health and disease prevention (Cardiovascular Disease, Cancer, Stroke, and Diabetes).

How food choices impact health, and environment.

Understandings: Students will understand that...

Valid and reliable nutritional resources can facilitate positive decision-making with regards to maintaining a healthy diet.

Personal beliefs, media, family and peers often shape a person's nutritional choices that can result in a variety of health consequences.

Skill: Students will be able to...

Access valid and reliable nutrition information, services and products.

Determine website validity and reliability.

Independently analyze a variety of nutrient products, services and products using the ACCESS acronym.

Identify unhealthy foods to avoid and research healthy alternatives.

Investigate illnesses related to eating behaviors.

Evaluate websites for credibility

Essential questions: Students will keep considering...

What impact do media, family, and peers have on decision making about food and dietary choices?

Why is it important to access reliable and valid information regarding nutrition?

What is the importance of looking at a variety of resources to help set goals?

Transfer Goal: Students will be able to independently use their learning to...

Access valid and reliable information.