

Middle School Health

Academic content standard(s)

- The student will understand and demonstrate ways in which his or her health and well-being can be enhanced and maintained.
- The student will understand and demonstrate how to play a positive, active role in promoting the health of his or her family.
- The student will know how to identify products, services, and information that may be helpful or harmful to his or her health.

Big Idea

Having a healthy life is dependent on the choices I make each day, and is supported by my understanding of facts related to nutrition and healthy eating.

Learning Goals

Students will:

- Understand how to find accurate information about healthy eating
- Understand specific criteria to evaluate information about healthy eating
- Explore how poor choices can be made due to persuasion, unsubstantiated claims, and key words used in marketing materials
- Explore the national guidelines for healthy eating
- Know how to read food labels

Success Criteria

I can:

- Locate accurate information about healthy eating
- Analyze persuasive claims used to influence my food purchases
- Document and analyze my food choices for one week
- Analyze food labels to determine appropriate levels of sugar, fat, and calories in the foods I eat
- Describe recent changes to national nutrition guidelines

Misconceptions students are likely to have about this topic

- Eating healthy is more expensive than eating other foods
- The information I see in print or on websites is always accurate and true
- Making healthy choices is something you do once in a while, you don't have to do it every day



Considerations for Diverse Learners

The Big Idea might be challenging for some ELLs if they come from a background where culture or religion strongly dictate dietary choices and drive their concept of what constitutes healthy. Some Western/American suggestions for healthy eating might be viewed as unhealthy in other parts of the world. The classroom teacher would need to consider how to approach and bridge this difference so as to avoid a "this way is right and the only way to be right" message.

Misconceptions and challenges: Student may not be able to analyze why their food choices may not be nutritious.

This content standard will be easier for students to access as much of it is factual information with which they do well.