

# High School (Grades Nine Through Twelve)

## Nutrition and Physical Activity

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### Standard 1: Essential Concepts

- Distinguish between facts and myths regarding nutrition practices, products, and physical performance.
  - Explain the importance of variety and moderation in food selection and consumption.
  - Describe dietary guidelines, food groups, nutrients, and serving sizes for healthy eating habits.
  - Describe the relationship between poor eating habits and chronic diseases such as heart disease, obesity, cancer, diabetes, hypertension, and osteoporosis.
  - Describe the prevalence, causes, and long-term consequences of unhealthy eating.
  - Analyze the relationship between physical activity and overall health.
  - Explain the physical, academic, mental, and social benefits of physical activity and the relationship between a sedentary lifestyle and chronic disease.
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### Standard 2: Analyzing Influences

- Evaluate internal and external influences that affect food choices.
  - Assess personal barriers to healthy eating and physical activity.
  - Distinguish between facts and myths regarding nutrition practices, products, and physical performance.
  - Analyze the impact of various influences, including the environment, on eating habits and attitudes toward weight management.
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### Standard 3: Accessing Valid Information

- Describe community programs and services that help people gain access to affordable, healthy foods.
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### Standard 4: Interpersonal Communication

- Analyze positive strategies to communicate healthy eating and physical activity needs at home, at school, and in the community.
  - Practice how to refuse less-nutritious foods in social settings.
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### Standard 5: Decision Making

- Use a decision-making process to plan nutritionally adequate meals at home and away from home.

### **Standard 6: Goal Setting**

- Assess one's personal nutrition needs and physical activity level.
  - Develop practical solutions for removing barriers to healthy eating and physical activity.
  - Create a personal nutrition and physical activity plan based on current guidelines.
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### **Standard 7: Practicing Health-Enhancing Behaviors**

- Select healthy foods and beverages in a variety of settings.
- Critique one's personal diet for overall balance of key nutrients.
- Identify strategies for eating more fruits and vegetables.
- Describe how to take more personal responsibility for eating healthy foods.
- Participate in school and community activities that promote fitness and health.
- Advocate enhanced nutritional options in the school and community.
- Educate family and peers about choosing healthy foods.

## **Personal and Community Health**

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### **Standard 1: Essential Concepts**

- Identify global environmental issues.
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### **Standard 2: Analyzing Influences**

- Discuss influences that affect positive health practices.
  - Analyze how environmental conditions affect personal and community health.
  - Discuss ways to stay informed about environmental issues.
  - Evaluate the benefits of informed health choices.
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### **Standard 3: Accessing Valid Information**

- Access valid information about personal health products and services available in the community.
  - Evaluate current research about the health consequences of poor environmental conditions.
  - Identify government and community agencies that promote health and protect the environment.
  - Assess ways to be a responsible consumer of health products and services.
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### **Standard 4: Interpersonal Communication**

- 4.1.P Use effective communication skills to ask for assistance from parents, guardians, and medical or dental health care professionals to enhance health.

### **Standard 5: Decision Making**

- Explain how decisions regarding health behaviors have consequences for oneself and others.
  - Apply a decision-making process to a community or environmental health issue.
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### **Standard 7: Practicing Health-Enhancing Behaviors**

- Analyze environmental barriers to adopting positive personal health practices and strategies for overcoming the barriers.
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### **Standard 8: Health Promotion**

- 8.1.P Support personal or consumer health issues that promote community wellness.
- 8.2.P Encourage societal and environmental conditions that benefit health.