

Health II

Strand 5: Nutrition

Nutrition (N) helps students understand the vital role food preparation and consumption will have on their health throughout their life. A healthy diet supports the immune system and reduces the occurrence of many diseases. Proper nutrition is linked to learning readiness, academic achievement, and decreased discipline and emotional problems. Students will learn how proper nutrition contributes to health and wellness throughout their lifespan.

Goal: Students will develop lifelong strategies for healthy eating, body image, and understanding the food environment around them by locating and using accurate evidence-based nutrition information.



The academic success of Utah's students is strongly linked to their health. The goal of Health Education is to support parents and families in developing healthy, responsible students who have the knowledge, skills, and dispositions to work together in an inclusive manner to think critically and participate in a variety of activities that lead to lifelong healthy behaviors. The inclusion of health in a student's education positively contributes to their ability to learn, focus, and achieve health and wellness throughout their lives. The Utah Core Standards for Health Education focus on overall health which includes physical, mental, emotional, and social health in each of the six strands.

The Health Triangle is a tool to show how the three elements of health are interconnected and need to be balanced to achieve overall health and wellness. The image below has some examples of mental, physical, and social health. The Health Education Core Standards are designed to incorporate each area of the triangle within each strand.

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Standard	Possible Activities	Past, Related, and Future Standards
<p>Standard HII.N.1: Use accurate nutrition information and current research-based guidelines to describe the importance of drinking water and eating a variety of nutrient dense foods to balance nutritional needs in a variety of settings.</p>	<ul style="list-style-type: none"> • Nutritionist guest speaker. • Play a nutrient game where teams try and match nutrients to their function. • Have students create a meal plan that includes adequate serving sizes and nutrients. • Food journal/log and evaluate at end of period to determine areas of deficiency, strength, or excess. Reflect on results. • Explain food labeling and advertising terminology related to marketing and how it affects consumer choices. 	<p>Past: Standard HI.N.1 Related: Standard HII.SDP.5 Standard HII.N.2</p>
Teacher Resources for Further Professional Learning		
<p>Additional Resources for Nutrition: Google folder with links to nutrition resources from American Heart Association.</p>		
<p>Teens Health – Food & Fitness: Teens Health resource for healthy eating, dieting, exercise, eating disorders, steroids, and more.</p>		
<p>Vitamin and Mineral Chart: Chart explaining what vitamins and minerals do for the human body and in which foods they are found.</p>		
<p>Water & Nutrition: Center for Disease Control and Prevention resource on water and nutrition.</p>		
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Standard	Possible Activities	Past, Related, and Future Standards
<p>Standard HII.N.2: Demonstrate how to balance caloric intake with caloric expenditure to maintain, gain, or reduce weight in a healthy manner.</p>	<ul style="list-style-type: none"> • Divide in groups practice using an app researching nutrients and calories (for example, MyFitnessPal). • Each student will determine their Basal Metabolic Rate (BMR) and body weight. Create an individual plan to meet personal needs. • Compare and contrast various measures for determining healthy body weight. 	<p>Past: Standard HI.N.2 Related: Standard HII.N.1</p>
Teacher Resources for Further Professional Learning		
<p>Calorie Lesson: Lesson plan for teaching about calories.</p>		
<p>Finding Balance: Center for Disease Control and Prevention resources for balancing diet and activity for total wellness.</p>		
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Standard HII.N.3: Describe how family, peers, media, and day-to-day activities influence food choices.	<ul style="list-style-type: none"> • Identify the positive and negative trends on social media, television, print ads, etc. and what people are doing to meet those. • Get into groups and have students discuss/compare eating habits while growing up. How has it influenced your current habits? • Journal food and activity and include what emotions or other influences may have led to food choices. • Chart to determine various influence for nutritional choices • Read and discuss “How Social Media Can Impact Your Eating Habits”. 	Past: Standard HI.N.3 Related: Standard HII.HF.2 Standard HII.MEH.2 Standard HII.SAP.2
Teacher Resources for Further Professional Learning		
The Factors that Influence Our Food Choices: Resource with major influences on food choice with suggestions for modification if necessary.		
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Standard	Possible Activities	Past, Related, and Future Standards
Standard HII.N.4: Develop lifelong strategies for maintaining nutrition and physical activity behaviors that improve mental, physical, and social health.	<ul style="list-style-type: none"> • Have students create a short-term and a long-term fitness and nutrition plan so that they can recognize what they can do now to start and how to continue throughout their lives. • Use goal setting strategy to create a plan for a life-long nutrition program. Have students create a plan for each side of the health triangle. • HAES (healthy at every size) philosophy, show media imaging and break into groups and talk about how we should discuss body imaging. 	Past: Standard HI.N.2 Related: Standard HII.HF.1 Standard HII.SAP.2
Teacher Resources for Further Professional Learning		
Changing Your Habits for Better Health: U.S. Department of Health resource for changing habits for health benefits.		
Healthy Weight: Center for Disease Control and Prevention resource for achieving and maintaining a healthy weight.		
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Standard	Possible Activities	Past, Related, and Future Standards
Standard HII.N.5: Assess the accuracy and validity of claims about health information, dietary supplements, products, and services.	<ul style="list-style-type: none"> • Create a visual representation that shows how much caffeine and/or other harmful substances are in different energy drinks, dietary supplements, etc. • Have students find what they believe is a fad diet or supplement and breakdown it's validity. • Fad Diet jigsaw - students read credible articles about various diets and supplements, evaluate the credibility and/or teach classmates. 	Past: Standard HI.N.3 Related: Standard HII.SDP.5 Standard HII.SAP.2
Teacher Resources for Further Professional Learning		
Dietary Supplements: What You Need to Know: U.S. Department of Health resource on dietary supplements.		
Tips for Dietary Supplement Users: U.S. Food & Drug Administration resource for supplement use.		
Herbs and Supplements at a Glance: U.S. Department of Health resource for herbs and botanicals including potential side effects.		
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Standard	Possible Activities	Past, Related, and Future Standards
Standard HII.N.6: Explain the effects of disordered eating and eating disorders on healthy growth and development.	<ul style="list-style-type: none"> • Students will create google slide presentation demonstrating the dangers of disordered eating and eating disorders. • Guest speaker or read stories of people with eating disorders. Follow up with questions on the stigma. • Research the negative effects eating disorders and disordered eating have on growth and development. 	Past: Standard HI.N.4 & 5 Related: Standard HII.MEH.3 & 4
Teacher Resources for Further Professional Learning		
What is Disordered Eating: Academy of Nutrition and Dietetics resource explaining disordered eating.		
Consequences of Eating Disorders: National Eating Disorder Association resource on common health consequences of eating disorders.		
Eating Disorders: Teens Health resource on eating disorders. Explanations with types of disorders, effects on mental and physical health, causes, and treatments.		
Resources for Eating Disorders: Recovery resources for those with eating disorders.		
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Standard	Possible Activities	Past, Related, and Future Standards
<p>Standard HII.N.7: Assess the relationship between food and culture. Compare and contrast the differences in the dietary guidelines, food choices, and eating habits around the world.</p>	<ul style="list-style-type: none"> • Compare and contrast food models from different countries. • Build a trifold project to demonstrate knowledge of the diet in a country and how it is influenced by culture. Students will include the country’s food guidelines in their project. Then students walk around and compare and contrast other presentations. • Top Chef - plan, shop, prepare, serve, clean, and reflect. Each student completes the activity at home with their family (or school food lab in groups if available) and then report in class using media of choice as evidence that the assignment was complete. • Cultural Relevancy in the Cafeteria. • Discuss ways to be an advocate for enhanced nutritional options in the school and community (e.g., healthy options in vending machines, checkout lines, school meals, rewards). 	<p>Past: Standard 6.N.5</p>
Teacher Resources for Further Professional Learning		
<p>USDA: Dietary Guidelines from Around the World: USDA resource with dietary guidelines around the world.</p>		
<p>Cultural Considerations in Food Preparation: PDF document with explanations and graphic of some common food cultures.</p>		
<p>Cultural Relevancy in the Cafeteria: Teaching Tolerance lesson to explore variety of experiences they have at lunchtime.</p>		
<p>What the World Eats: National Geographic resource allowing teacher to select different countries to see how consumption patterns change.</p>		
<p>Hungry Planet: What the World Eats: HUNGRY PLANET profiles 30 families from around the world--including Bosnia, Chad, Egypt, Greenland, Japan, the United States, and France--and offers detailed descriptions of weekly food purchases; photographs of the families at home, at market, and in their communities; and a portrait of each family surrounded by a week's worth of groceries. Featuring photo-essays on international street food, meat markets, fast food, and cookery, this captivating chronicle offers a riveting look at what the world really eats.</p>		
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