

**Destination Wellness  
9-12<sup>th</sup> Grade**

**Lesson 1: Navigating the Net**

Students learn how to successfully navigate the Internet to find reliable and accurate information. Students learn how to determine which web sites are scientifically credible sites and which ones provide misinformation or promote questionable products. (Show-Me Standards IIC: 1a, 1b)

**Lesson 2: Take a Scientific Road Trip**

Students gain an understanding of the scientific inquiry process as it applies to nutrition and fitness. They learn to discern fact from fallacy based on an ability to understand and interpret current research. They also learn how scientific research determines recommendations for health.

**Lesson 3: What's Your Make and Model?**

This lesson focuses on how body image is developed and what factors contribute to a positive versus negative body image. (Show-Me Standard IIC: 2)

**Lesson 4: Check Under the Hood**

Weight management is one of the top concerns of adolescents. This lesson helps teens understand what it means to achieve and maintain a healthy weight and how to make informed decisions about eating and physical activity. (Show-Me Standard IIB: 5)

**Lesson 5: On the Road Trip of Life**

This lesson examines food choices and activity choices and how they are influenced by personal preferences, priorities, values, habits, tradition, knowledge, belief, relationships and our environment. Students learn to maximize the positive and counteract the negative. (Show-Me Standard IIB: 7a)

**Lesson 6: Outsmart Those Smooth Talkers**

This lesson examines the impact media, especially advertisements, have on adolescent nutrition and physical activity choices and behaviors. Students learn to minimize the negative impact of medial exposure and advertising and consider ways to use advertising principles to promote healthful behaviors. (Show Me Standards IA: 3; IIC: 3a)

**Lesson 7: "Filler-Up" with Premium Fuel**

Students assess their current eating behaviors and food choices. They investigate nutrition guidelines and recommendations and present their findings to the class. Based on their assessment, they determine areas for improvement, set goals, design personal nutrition plans and monitor progress.

**Lesson 8: Don't Park It!**

Students assess their current level of physical activity and fitness. They investigate fitness guidelines and recommendations. Based on their assessment, they determine

areas for improvement, set goals, design personal activity plans and monitor progress.  
(Show-Me Standards IIA: 2a; IIB: 5a; VA: 2a)

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