

Choices and Challenges (7th/8th grade) and the Missouri Grade Level Expectations (GLEs)

Lesson and Summary	Content Area	Grade Level Expectation (GLE)
1-The 2005 Dietary Guidelines: What's New? <ul style="list-style-type: none"> Students use the dietary guidelines to evaluate their meals and physical activity habits and develop a healthy living plan that is right for them. 	Communication Arts	L2A7
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	ME1A7
	Physical Education	
2-Food Safety-It's a Team Effort <ul style="list-style-type: none"> Students apply the principles of food safety to prepare safe meals. 	Communication Arts	
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	ME2D7, ME3B8a, ME2D9-12, RA1C8
	Physical Education	
3-What's a Body to Do? <ul style="list-style-type: none"> Students practice critical thinking and decision-making skills to maintain a healthy body image and avoid eating disorders. 	Communication Arts	
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	ME2B7b
	Physical Education	
4-Move It <ul style="list-style-type: none"> Students understand the relationship between physical activity and a healthy body weight. They set goals to incorporate different types of physical activities in their daily lives. 	Communication Arts	
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	ME1A7, ME1A8, ME1B7, ME1D7, ME1D9-12a
	Physical Education	
5-Shop Till You Drop <ul style="list-style-type: none"> Students read nutrition labels and compare unit prices to get the most nutrition for their money. 	Communication Arts	L2A8
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	ME2B9-12c
	Physical Education	

Lesson and Summary	Content Area	Grade Level Expectation (GLE)
6-Now We're Cooking <ul style="list-style-type: none"> Students use healthy food preparation methods and practice modifying recipes. Students practice making healthy choices when eating out. 	Communication Arts	
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	ME2C7
	Physical Education	
7-It's a Changing World: Current Health Issues for Teens <ul style="list-style-type: none"> Students research issues like hunger and practicing a vegetarian diet. 	Communication Art	
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	
	Physical Education	