

8th Grade – Show Me Nutrition Choices and Challenges

Correlation of Objectives, State and National Standards State

Lesson 1: The Dietary Guidelines: What's New?

Students will be familiar with the current Dietary Guidelines and recognize that eating and physical activity can reduce the risk of chronic diseases later in life.

- **National Health Education Standard 1 & 2** – Performance indicator 1.1.8. *Analyze the relationship between healthy behaviors and personal health.* Performance indicator 2.8.7 *Explain how the perception of norms influence healthy and unhealthy behaviors.*
- **State of Missouri Health/Physical Education Standard 2 & 4** – *Standard 2: Principles and practices of mental and physical health (such as personal health habits, nutrition, stress management) Standard 4: Principles of movement and physical fitness.*
- **Missouri Grade Level Expectation: ME1B8**
 - *(ME) Health Maintenance and Enhancement; (1) Personal and Family Health; (B) Preventative Care; (Grade 8) Assess personal health needs during adolescence and apply strategies to address those needs or problems.*

Lesson 2: Food Safety – It's a Team Effort

Students learn about the roles of agencies that ensure the safety of the food supply.

- **National Health Education Standard 2** – Performance indicator 2.8.10 *Explain how school and public health policies can influence health promotion and disease prevention.*
- **State of Missouri Health/Physical Education Standards 6** – *Standard 6: Consumer health issues (such as the effects of mass media and technologies on safety and health).*
- **Missouri Grade Level Expectation: ME3B8, ME3C8b**
 - *(ME) Health Maintenance and Enhancement; (3) Consumer Health and Safety; (B) Consumer Rights and Issues; (Grade 8) Identify and select appropriate consumer protection agencies that address various specific consumer issues. AND Identify and analyze consumer health issues and products to make wise decisions.*
 - *(ME) Health Maintenance and Enhancement; (3) Consumer Health and Safety; (C) Community Services/Careers; (Grade 8) b. Analyze how the Department of Health and Senior Services, the Center for Disease Control and Prevention, and other public health agencies are responsible for disease reduction and control prevention, research, education, and enforcement of laws (e.g., food inspection, safe food storage and handling, distributing flu vaccines, and no smoking ordinances).*

Lesson 3: What's A Body To Do

Students will recognize the importance of maintaining a healthy body image.

- **National Health Education Standard 2 – Performance indicator 2.8.9** *Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.*
- **State of Missouri Health/Physical Education Standard 2 – Standard 2: Principles and practices of mental and physical health (such as personal health habits, nutrition, stress management).**
- **Missouri Grade Level Expectation: ME1A8, ME1B8**
 - *(ME) Health Maintenance and Enhancement; (1) Personal and Family Health; (A) Personal Health; (Grade 8) Analyze how social, emotional, physical and mental health affect wellness.*
 - *(ME) Health Maintenance and Enhancement; (1) Personal and Family Health; (B) Assess personal health needs during adolescence and apply strategies to address those needs or problems.*

Lesson 4: Move It

Students will recognize the importance of the relationship of fitness to health and that leading a physically active life depends on support systems within the community.

- **National Health Education Standard 7 – Performance indicator 7.8.2** *Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.*
- **State of Missouri Health/Physical Education Standard 4 – Standard 4: principles of movement and physical fitness.**
- **Missouri Grade Level Expectation: ME1A8, ME3B8**
 - *(ME) Health Maintenance and Enhancement; (1) Personal and Family Health (A) Personal Health; (Grade 8) Analyze how social, emotional, physical, and mental health affect wellness.*
 - *(ME) Health Maintenance and Enhancement; (3) Consumer Health and Safety; (B) Consumer Rights and Issues; (Grade 8) Identify and select appropriate consumer protection agencies that address various specific consumer issues.*

Lesson 5: Shop Till You Drop

Students will analyze advertising techniques used to sell products.

- **National Health Education Standard 2 – Performance indicator 2.8.5** *Analyze how messages from media influence health behaviors.*
- **State of Missouri Health/Physical Education Standards 6 – Standard 6: consumer health issues (such as the effects of mass media and technologies on safety and health)**

- **Missouri Grade Level Expectation: ME3A8**
 - (ME) Health Maintenance and Enhancement; (3) Consumer Health and Safety; (A) Media Influence on Health Habits and Decisions; (Grade 8) Analyze marketing and advertising techniques that influence consumer decisions (e.g., bandwagon, beautiful people, good times, status symbols/well known characters).

Lesson 6: Now We're Cooking

Students will become knowledgeable about making healthy food choices when eating out, including avoiding super-size portions.

- **National Health Education Standard 7 – Performance indicator 7.8.2 Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.**
- **State of Missouri Health/Physical Education Standard 2– Standard 2: Principles and practices of mental and physical health (such as personal health habits, nutrition, stress management).**
- **Missouri Grade Level Expectation: ME2A8, ME2B8**
 - (ME) Health Maintenance and Enhancement; (2) Nutrition; (A) Essential Nutrients and Food Groupings; (Grade 8) Justify food sources that supply each of the essential nutrients.
 - (ME) Health Maintenance and Enhancement; (2) Nutrition; (B) Balance, Variety and Moderation; (Grade 8) Create a meal plan(s) through the selection of appropriate food based on energy needs, food preferences and nutrient requirements as represented in current USDA food graphic (MyPlate).

Lesson 7: It's a Changing World: Current Health Issues for Teens

Students will analyze components of vegetarian diets.

- **National Health Education Standard 1 – Performance indicator 1.8.7 Describe the benefits of and barriers to practicing healthy behaviors.**
- **State of Missouri Health/Physical Education Standards 2– Standard 2: Principles and practices of mental and physical health (such as personal health habits, nutrition, stress management).**
- **Missouri Grade Level Expectation: ME2B8, ME3B8**
 - (ME) Health Maintenance and Enhancement; (2) Nutrition; (B)Balance, Variety and Moderation; (Grade 8) Create a meal plan(s) through the selection of appropriate food based on energy needs, food preferences and nutrient requirements as represented in current USDA food graphic (MyPlate).

- *(ME) Health Maintenance and Enhancement; (3) Consumer Health and Safety; (B) Consumer Rights and Issues; (Grade 8) b. Identify and analyze consumer health issues and products to make wise decisions.*

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