

This Is Your Life!

A health and nutrition curriculum for middle and high school students

Body Image – Addresses why a positive body image is important, the health risks associated with a negative body image, and factors that influence body image. (Show-Me Standard: IIC: 7a)

Eating Disorders – An overview of the three main types of eating disorders: anorexia nervosa, bulimia nervosa and compulsive overeating. (Show-Me Standard: IIB: 7a)

Osteoporosis – Covers osteoporosis and the importance of calcium in the diet. (Show-Me Standard: IIB: 2a)

Media Literacy – This lesson is designed to teach teens how to see through the messages they receive through the media. (Show-Me Standard: IIC: 2a, 3a)

Nutrition – This five part lesson covers the following topics: teaching nutrition to teens; the dangers of dieting; the food guide pyramid and meal planning; nutrition controversies; and healthy snacks/how to treat your body right with healthy eating. (Show-Me Standard: IIB: 1a, 1b, 2a, 2b, 3a, 4a, 5a, 6a, 7a)

Fitness – An overview of the benefits of exercise and the components of fitness. (Show-Me Standard: IIB: 5a, VB: 3a)

Stress Reduction – Addresses finding a healthy balance between diet, exercise and stress. Includes relaxation, visualization and self-talk exercises.

Tobacco Prevention – Covers the dangers of tobacco use. (Show-Me Standard: IIC: 2a, 3a, 4a)

"This is Your Life!" Putting it all together – A comprehensive review of all the lessons.

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