Choices and Challenges
Seventh/Eighth Grades

Choices and Challenges is a nutrition curriculum designed to help teens weigh their options and make healthy lifestyle choices. Hands-on activities help teens learn to deal with issues like body image, what to eat at fast-food restaurants, and planning a vegetarian diet consistent with MyPyramid. Each lesson includes a fitness break and snack ideas.

Lesson 1: The 2005 Dietary Guidelines: What’s New?
Students learn to use the dietary guidelines to evaluate their own meals and physical activity habits and develop a healthy living plan that is right for them. Playing Name That Guideline helps them apply the dietary guidelines to real-life situations. The link between lifestyle and chronic disease is emphasized. (Show-Me Standards IIA: 1a, 2a; IIIA: 7a)

Lesson 2: Food Safety – It’s a Team Effort
Safe food handling begins with good personal hygiene to prevent the spread of disease. Students learn to apply the principles of food safety to prepare safe meals and snacks for themselves and their families. They learn to report unsafe food practices in local establishments to the proper agencies. (Show-Me Standards IB: 7a; IIIA: 1a)

Lesson 3: What’s a Body to Do?
Students practice critical thinking and decision-making skills to help themselves and others maintain a healthy body image and avoid eating disorders. (Show-Me Standards IB: 1a, 2a; IIB: 7a; IIIA: 6a)

Lesson 4: Move It
Helps students understand the relationship between physical activity and a healthy body weight. They learn to incorporate endurance-, flexibility- and strength-building activities into their daily routine. (Show-Me Standards IIIA: 7a; VA: 6b, 6c)

Lesson 5: Shop Till You Drop
Students learn about reading nutrition labels and comparing unit prices to get the most nutrition for their money as they shop for food. An overview of advertising and marketing helps them avoid emotional impulse buying and make sound decisions. (Show-Me Standards IIB: 8a; IIC: 2a, 3a)
Lesson 6: Now We’re Cooking
Students learn to use healthy food preparation methods and practice modifying recipes. Because eating out is a given for today’s busy teens, they practice critical thinking skills to help them make healthy food choices, including avoiding super-sized portions. (Show-Me Standards IIB:5a)

Lesson 7: It’s a Changing World: Current Health Issues for Teens
Teens are beginning to understand their roles and responsibilities within a culturally diverse world. They research issues like world hunger and practice planning vegetarian diets that are consistent with the MyPyramid. (Show-Me Standards IB: 6a)

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