



Teen Years

A Once in a Lifetime Chance to Build Bone

Prescribed Learning Outcomes

Health and Career Education 8 and 9

Grade 8

At the end of this lesson, it is expected students will:

Health

Healthy Living

- Set personal goals for attaining and maintaining a healthy lifestyle
- Analyse influences on eating habits, including family, peers, and media

Grade 9

At the end of this lesson, it is expected students will:

Education and Careers

- Describe the grade 10 requirements of the Graduation Program (e.g., required and elective courses, required exams, graduation portfolio introduction)

Health

Healthy Living

- Relate the characteristics of a healthy lifestyle to their ability to maximize personal potential
- Analyse how healthy eating habits can support a healthy lifestyle



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Prescribed Learning Outcomes

Planning 10

At the end of this lesson, students will be able to:

Graduation Program

A2 Identify ways of earning credits for the Graduation Program
(e.g., in-school courses, external credits)

Graduation Transitions

A7 Develop a preliminary plan for how they will meet the requirements of Graduation Transitions

Health

Healthy Living

C1 Analyse factors that influence health (e.g., physical activity, nutrition, stress management)

Health Information

C2 Analyse health information for validity and personal relevance

Health Decisions

C5 Evaluate the potential effects of an individual's health-related decisions on self, family, and community

Foods and Nutrition 10

Nutrition and Healthy Eating

C1 Demonstrate an understanding of the importance of nutrients during various stages of the lifecycle, and the effects of deficiencies and excesses

C3 Analyse individual eating practices as they relate to physical and mental well-being, food fads, and food myths (e.g., comfort foods, trendy diets, exaggerated claims about foods)

C4 Identify ways to improve the nutritional value of recipes