

Do You Think You're Healthy?

Prescribed Learning Outcomes

Health and Career Education 8 and 9

Grade 8

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

Health

Healthy Living

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

Healthy Relationships

- Assess the importance of healthy relationships (e.g., with friends, family, teachers, mentors)

Grade 9

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

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
- Analyze how healthy eating habits can support a healthy lifestyle

Healthy Relationships

- Propose strategies for building and maintaining healthy interpersonal relationships (e.g., effective communication skills, effective expression of emotions, setting and communicating personal boundaries)



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Planning 10

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

Graduation Program

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

Graduation Transition

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

Health

Healthy Living

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

Health Information

C2 Analyze 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