



# Thirst for Nutrition

Add Value to your Choices

## 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:

##### 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

### Planning 10

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

#### 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