Nutrition & Fitness
SFUSD Adopted Health Education Curriculum

MIDDLE SCHOOL LEVEL

Nutrition Lessons:

Grade 6

Teen Health: Course 1 Textbook, Glencoe
Unit 2: The Healthy Body – Learning about Nutritive Value of Selected Foods and How to Read a Food Label
   Chapter 4: Nutrition and Fitness, pages 98-112
      Lesson 1: Nutrients for Your Body
      Lesson 2: The Five Food Groups
      Lesson 3: Making Healthy Food Choices

Grade 7

Teen Health: Course 2 Textbook, Glencoe
Unit 3: Fitness and Nutrition – Reading Nutrition Labels and Choosing Healthful Foods
   Chapter 9: Eating Healthy, Eating Well, pages 258-274
      Lesson 1: Building a Nutritious Diet
      Lesson 2: Making Healthful Food Choices

Grade 8

Teen Health: Course 2 Textbook, Glencoe
Unit 3: Fitness and Nutrition
   Chapter 9: Eating Healthy, Eating Well, pages 275-282
      Lesson 3: Managing Your Weight
      Lesson 4: Eating Disorders

The Teen Files Video: Eating Disorders/Steroids

Diabetes Education:

- Grade 8: Teen Health, Course 2
  Chapter 10, p. 327
  Chapter 12, 396-397

Video Body Talk 2: It’s a New Language, The Body Positive

Health, Wellness, and Physical Fitness Activity Book, Mark Twain Media

Folding Display We Are What We eat! (Nasco)

Updated October 2004
Physical Activity Lessons:

Grade 6

Teen Health: Course 1 Textbook, Glencoe
Unit 1: A Healthy You – Personal Health Inventory, Making Healthy Decisions, and Balancing Conflicting Goals
  Chapter 1: Planning for a Healthy Lifetime, pages 2-26
    Lesson 1: The Health Triangle: How Healthy Are You?
    Lesson 2: Your Self-Concept
    Lesson 3: Decision Making
    Lesson 4: Setting Goals
Unit 2: The Healthy Body – Testing Your Heart and Lung Endurance and Deciding on a Fitness Program
  Chapter 4: Nutrition and Fitness, pages 118-125
    Lesson 4: The Benefits of Exercise
    Lesson 5: Planning Your Fitness Goals

Grade 7

Teen Health: Course 2 Textbook, Glencoe
Unit 1: Your Total Health – Wellness Survey, Making Health a Habit, and Making Healthy Decisions
  Chapter 1: Wellness and Your Total Health, pages 2-25
    Lesson 1: Wellness and the Health Triangle
    Lesson 2: Taking Responsibility for Your Health
    Lesson 3: Making Decisions About Health
    Lesson 4: Setting Goals and Making Action Plans
Unit 3: Fitness and Nutrition – Assessing Your Fitness Behavior and Getting Fit and Staying Fit
  Chapter 8: Reaching Your Fitness Goals, pages 228-254
    Lesson 1: What is Physical Fitness?
    Lesson 2: Elements of Fitness
    Lesson 3: Planning a Fitness Program
    Lesson 4: Individual and Team Sports

Grade 8

Teen Health: Course 2 Textbook, Glencoe
Unit 4: Your Physical Health – Caring for Your Body Systems, Making Healthy Choices, and Testing Your Strength and Endurance
  Chapter 10: Wellness and your Body Systems, pages 290-328
    Lesson 1: Your Nervous System
    Lesson 2: Your Circulatory System
    Lesson 3: Your Respiratory System
    Lesson 4: Your Skeletal System
    Lesson 5: Your Muscular System
    Lesson 6: Your Digestive System
    Lesson 7: Your Endocrine System
    Lesson 8: Your Reproductive System

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