

Nutrition & Fitness
SFUSD Adopted Health Education Curriculum

HIGH SCHOOL LEVEL

Nutrition Lessons:

Lifetime Health (Holt)

Chapter 7: Nutrition for Life	152
Section 1: Carbohydrates, Fats, and Proteins	154
Section 2: Vitamins Minerals, and Water	161
Section 3: Meeting Your Nutritional Needs	167
Section 4: Choosing a Healthful Diet	175

Fitness Lessons:

Lifetime Health (Holt)

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Lesson 2: Planning Your Fitness Program	133
Lesson 3: Exercising the Safe Way	139
Lesson 4: Sleep	146

Additional Nutrition and Fitness resources

- **The New Dietary Guidelines: What you need to know (Human Relations Media)**
- **High School Health Smart (ETR) – Nutrition and Physical Activity**
- **Body Talk 1 (The Body Positive)**