

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)

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