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)**

Chapter 6: Physical Fitness for Life 124
  - Lesson 1: Physical Fitness and Your Health 126
  - 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)