# Nutrition & Fitness
**SFUSD Adopted Health Education Curriculum**

## MIDDLE SCHOOL LEVEL

### Nutrition Lessons:

#### Grade 6

**Decisions for Health textbook (Holt)**

- **Chapter 4: Body Image**
  - Lesson 1: An Image of Yourself 62
  - Lesson 2: Influences on Body Image 64
  - Lesson 3: Building a healthy Body Image 68
  - Lesson 4: Eating Disorders 72

- **Chapter 12: Nutrition**
  - Lesson 1: Nutrition and your Health 268
  - Lesson 2: The Nutrients You Need 268
  - Lesson 3: Eating for Life 272

#### Grade 7

**Decisions for Health textbook (Holt)**

- **Chapter 5: Nutrition and Your Health**
  - Lesson 1: Nutrition and Diet 94
  - Lesson 2: The Six Classes of Essential Nutrients 98
  - Lesson 3: Balancing Your Diet 102
  - Lesson 4: Building Healthful Eating Habits 106

- **Chapter 6: A Healthy Body a Healthy Weight**
  - Lesson 1: What is Body Image? 116
  - Lesson 2: Building a Healthy Body Image 118
  - Lesson 3: Eating Disorders 120
  - Lesson 4: Managing your Weight 124

#### Grade 8

**Decisions for Health textbook (Holt)**

- **Chapter 8: Eating Responsibly**
  - Lesson 1: Nutrition and Your Life 186
  - Lesson 2: The Nutrition You Need 192
  - Lesson 3: Making Healthy Choices 196
  - Lesson 4: Body Image 200
  - Lesson 5: Eating Disorders 204
  - Lesson 6: A Healthy Body, a Healthy Weight 210

### All Levels - Nutrition

- **The New Dietary Guidelines: What you need to know** (Human Relations Media)
Fitness Lessons:

**Grade 6**

*Decisions for Health textbook (Holt)*

Chapter 11: Physical Fitness
- Lesson 1: What is Physical Fitness 238
- Lesson 2: Your Fitness and Goals 242
- Lesson 3: Meeting Your Goals 246
- Lesson 4: Sports 248
- Lesson 5: Injury 250
- Lesson 6: Avoiding Injury While Exercising 254
- Lesson 7: Safety Equipment 258

**Grade 7**

*Decisions for Health textbook (Holt)*

Chapter 4: Physical Fitness 64
- Lesson 1: The Parts of Fitness 66
- Lesson 2: Your Fitness program 68
- Lesson 3: Energy for Exercising 72
- Lesson 4: Sports and Competition 74
- Lesson 5: Weight Training 76
- Lesson 6: Injury 80
- Lesson 7: Common Injury 82
- Lesson 8: Eight Ways to Avoid Injury 84

**Grade 8**

*Decisions for Health textbook (Holt)*

Chapter 6: Physical Fitness 140
- Lesson 1: Components of Physical Fitness 142
- Lesson 2: How Exercise and Diet Affect Fitness 146
- Lesson 3: The Benefits of Exercising 148
- Lesson 4: Testing Your Fitness 150
- Lesson 5: Your Fitness Goals 154
- Lesson 6: Injury and Recovery 158
- Lesson 7: Exercising Caution 160

**All Levels – Nutrition and Fitness**

- “Nutrition and Physical Activity” *Middle School Health Smart* (ETR)
- *Body Talk 2* (The Body Positive)