

**Brunswick School Department
Grade 8
Nutrition and Wellness**

Essential Understandings	<ul style="list-style-type: none"> ▪ Food choices impact overall health.
Essential Questions	<ul style="list-style-type: none"> ▪ What does a food label tell a consumer? ▪ Why does the body need food? ▪ How do food choices affect health?
Essential Knowledge	<ul style="list-style-type: none"> ▪ Balanced nutritional intake is necessary to promote healthy growth and development. ▪ Healthy eating enhances a person's ability to be physically active and mentally alert. ▪ Caloric intake and the level of physical activity affect body weight, body composition, and overall physical health. ▪ Unhealthy food choices and lack of exercise can have short-term consequences (e.g., over/under weight, lack of energy, headaches, short attention span) and long-term consequences (e.g., heart disease, diabetes, osteoporosis, and some types of cancer). ▪ Nutrients (carbohydrates, fats, proteins, vitamins, minerals, and water) affect the functioning of all body systems. ▪ Food labels contain important nutritional information as well as serving sizes. ▪ Individuals are responsible for making healthy nutritional choices. ▪ Food choices are influenced by marketing (e.g., advertising and packaging). ▪ Adolescents sometimes deal with stress by making unhealthy food choices which may lead to adverse health conditions such as anorexia, bulimia, or compulsive overeating. ▪ Unhealthy changes in eating patterns may be triggered by stressful events, illness, or a desire to change one's diet for athletic or personal appearance reasons. ▪ Healthy coping skills help a person to be resilient, develop perspective, and stay in balance.
Vocabulary	<ul style="list-style-type: none"> ▪ <u>Terms</u>: <ul style="list-style-type: none"> ○ <u>Nutrients</u>: carbohydrates, fat, protein, vitamins, minerals, water ○ nutrition, nutrient dense, nutrient limited, saturated fat, mono-saturated fat, cholesterol, media, calorie, diet, osteoporosis, diabetes, high blood pressure, heart disease ○ <u>Eating Disorders</u>: anorexia, bulimia, compulsive over-eating, binge, purge

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Essential Skills	<ul style="list-style-type: none"> ▪ Explain why the body needs food. ▪ Describe some short-term and long-term consequences of unhealthy food choices and/or lack of exercise. ▪ Explain how nutrients affect the functioning of body systems. ▪ Utilize a food label, food pyramid, and U.S. dietary guidelines to evaluate the nutritional value of various foods. ▪ Recognize personal responsibility for nutritional choices. ▪ Explain how the media influences food choices. ▪ Recognize some adverse health conditions that may be a result of abusing food to deal with stress or other serious emotional issues.
Related Maine Learning Results	<p><u>Health</u></p> <p>A. Health Concepts</p> <ol style="list-style-type: none"> 1. Explain the relationship between healthy behaviors and the prevention of injury, illness and disease. 3. Analyze the effects that risky behaviors have on personal health. 8. Demonstrate thorough understanding of key health concepts. <p>B. Health Information, Services, and Products</p> <ol style="list-style-type: none"> 1. Analyze a validity of health information, products, and services and describe situations requiring their use. 2. Identify resources from home, school, and community that provide valid health information and services. <p>C. Health Promotion and Risk Reduction</p> <ol style="list-style-type: none"> 1. Explain the importance of assuming responsibility for personal health. 2. Analyze a personal health assessment to determine health strengths and risks. 3. Develop strategies to improve or maintain personal and family health. 6. Distinguish between healthy and unhealthy stress management techniques. <p>D. Influences on Health</p> <ol style="list-style-type: none"> 2. Analyze how messages from media influence both health behaviors and the selection of health information, products, and services. <p>F. Decision Making and Goal Setting</p> <ol style="list-style-type: none"> 2. Analyze how health- related decisions are influenced by individuals, families, and community values. 3. Explain how decisions regarding health behaviors have consequences for them and others. 5. Develop a plan to attain personal health goals by employing personal strengths and addressing needs and health risks.

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<p style="text-align: center;">Sample Lessons And Activities</p>	<ul style="list-style-type: none"> ▪ Keep a lunch and activity record for a week in order to assess overall weaknesses and strengths in eating habits or choices. ▪ Develop a plan to attain personal health goals. ▪ Create a plan for eating a healthy lunch. ▪ Research a food related condition. ▪ Analyze various media (i.e., commercials, printed advertisements, etc.) for food related messages. ▪ Develop a nutrition brochure for younger students. ▪ In cooperative groups, analyze a hypothetical family's diet and make recommendations for improved nutrition.
<p style="text-align: center;">Sample Classroom Assessment Methods</p>	<ul style="list-style-type: none"> ▪ Create an advertisement or commercial for a healthy food product. ▪ Complete a unit test.
<p style="text-align: center;">Sample Resources</p>	<ul style="list-style-type: none"> ▪ <u>Publications:</u> <ul style="list-style-type: none"> ○ <u>Anorexia Nervosa: When Food Is The Enemy</u> – Erica Smith ○ <u>Bulimia Nervosa: The Secret Cycle of Binging and Purging</u> – Liza Burby ○ <u>Heart Disease</u> – John Gold ○ <u>Nutritional Diseases</u> – Douglas Eagles ▪ <u>Videos:</u> <ul style="list-style-type: none"> ○ <u>My Pyramid</u>, Discovery, 2006 ○ <u>Nutrient Basics: Learning Zone</u>, 2005 ○ <u>Let's Do Lunch</u>, Meridian, 2004
<p style="text-align: center;">Technology Link</p>	<ul style="list-style-type: none"> ▪ http://www.discoveryschool.com