**Healthy Eating**

**Standard HE H.S.2 –** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

**Standard HE H.S.4 –** Students will demonstrate the ability to use interpersonal communication skills to enhance and avoid or reduce health risks.

**Standard HE H.S.5 -** Students will demonstrate the ability to use decision-making skills to enhance health.

**Standard HE H.S.6 -** Students will demonstrate the ability to use goal-setting skills to enhance health.

**Standard HE H.S.8 –** Students will demonstrate the ability to advocate for personal, family, and community health.

**Microlesson 1: Nutrition for Health**

**Standard HE H.S. 2, Standard HE H.S. 4, Standard HE H.S. 8**

**Microlesson 2: Managing Weight**

**Standard HE H.S. 2, Standard HE H.S. 5, Standard HE H.S.6**

**Microlesson 3: Eating Disorders and Lifelong Nutrition**

**Standard HE H.S. 2, Standard HE H.S. 4, Standard HE H.S. 6**

**Microlesson 4: Physical Activity and Healthy Eating**

**Standard HE H.S. 2, Standard HE H.S. 6, Standard HE H.S. 8**

**Assessments:**

**Discussion: Letter Writing Campaign – Cafeteria Changes**

**Standard HE H.S. 2, Standard HE H.S. 4, Standard HE H.S. 8**

**Assignment: Food Diary Project**

**Standard HE H.S. 2, Standard HE H.S. 4, Standard HE H.S. 5, Standard HE H.S. 6, Standard HE H.S. 8**

**Test: Healthy Eating**

**Standard HE H.S. 2, Standard HE H.S. 4, Standard HE H.S. 5, Standard HE H.S. 6, Standard HE H.S. 8**