

High School Program: *Activity & Eating*
Alignment to California Nutrition Education Competencies, Grades 9-12

Activity & Eating supports teaching and learning related to *California Nutrition Education Competencies* (Grades 9-12). The following program alignment is based on the self-instructional *Activity & Eating* booklet, the *Activity & Eating* CD with PowerPoint presentation, and related teacher instructions.

High School Program: <i>Activity & Eating</i>
CALIFORNIA NUTRITION EDUCATION COMPETENCIES (Grades 9-12)
<p><i>Nutrition Education Competency 1:</i> Students will know the relationships among nutrition, physiology, and enhancing health.</p> <p>a. Know the six nutrient groups and their functions. – Define and analyze the functions of phytochemicals.</p> <p>b. Know nutrition and health guidelines. – Describe dietary guidelines, food groups, nutrients, and serving sizes for healthy eating habits.* – Research and discuss the practical use of current research-based guidelines for a nutritionally balanced diet.* – Explain the importance of variety and moderation in food selection and consumption.* – Distinguish between facts and myths regarding nutrition practices, products, and physical performance.* – Explain why people with eating disorders need professional help.*</p> <p>c. Know factors affecting energy balance. – Describe the amounts and types of physical activity recommended for teenagers’ overall health and for the maintenance of a healthy body weight.*</p> <p>d. Describe how nutritional needs vary throughout the life cycle. – Identify and compare foods rich in nutrients important for adolescent and adult health in a daily diet.</p> <p>f. Explain the influence of nutrition and physical activity on health. – Describe the relationship between poor eating habits and chronic diseases such as heart disease – Describe the prevalence causes, and long-term consequences of unhealthy eating.* – Identify the causes, symptoms, and harmful effects of eating disorders.*</p>
<p><i>Nutrition Education Competency 2:</i> Students will demonstrate the ability to analyze internal and external factors influencing food choices and health outcomes.</p> <p>– Evaluate internal and external influences that affect food choices.* – Assess personal barriers to healthy eating and physical activity.* – Distinguish between facts and myths regarding nutrition practices, products, and physical performance.* – Analyze the impact of various influences, including the environment, on eating habits and attitudes toward weight management.*</p>
<p><i>Nutrition Education Competency 3:</i> Students will demonstrate the ability to access nutrition information, products, and services and determine the accuracy and validity of nutrition claims.</p> <p>– Access sources of accurate information about safe and healthy weight management.*</p>

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CALIFORNIA NUTRITION EDUCATION COMPETENCIES (Grades 9-12)

Nutrition Education Competency 6:

Students will demonstrate the ability to use goal-setting skills to enhance nutrition and health.

- Assess one’s personal nutrition needs and physical activity level.*
- Develop practical solutions for removing barriers to healthy eating and physical activity.*
- Create a personal nutrition and physical activity plan based on current guidelines.*

Nutrition Education Competency 7:

Students will demonstrate the ability to practice nutrition-related behaviors that reduce risk and promote health.

- Select healthy foods and beverages in a variety of settings.*
- Critique one’s personal diet for overall balance of key nutrients.
- Identify strategies for eating more fruits and vegetables.*
- Describe how to take more personal responsibility for eating healthy foods.*

*This competency is listed in California’s Health Education Content Standards (2008).