



## Grade 10 Sample Lesson Plan: Health Promotion Resources

### SOLs

Analyze the effects of active and sedentary lifestyles.

Recognize the physical, emotional, and social causes and impact of healthy and poor nutritional choices.

Distinguish between facts and myths regarding nutrition practices, products, and physical performance.

Explain the physical, mental, social, and academic benefits of sufficient sleep, and the relationship between sleep deficiency and chronic disease and increased risk for injury and substance use.

Research technologies used to assess, monitor, improve, and maintain health.

Analyze how health literacy and health-science skills prepare one to become a productive citizen.

Compare physical activity, sleep, and personal hygiene practices with research-based guidelines.

Justify promoting healthy decisions for proper nutrition, sleep and rest, and physical activity.

Explain the role of the environment, individual behavior, social norms, legislation, and policies in preventing chronic diseases.

Describe the costs and benefits of various technologies that allow individuals to assess, monitor, improve, and maintain health.

Identify family health habits and behaviors as they relate to promotion of health and wellness.

Analyze how health literacy reduces health risks and enhances health and wellness of self and others throughout life.

Create or modify a personal wellness plan (goals and action steps based on current guidelines) for healthy eating, physical activity, sleep, and personal hygiene

Plan health-promoting strategies for managing personal technology use.

## Nutrition and Health Promotion

- 101 Tips for Teaching About Nutrition <http://westerndairyassociation.org/download/101-tips-for-teaching-nutrition-in-pe/>
- 5-2-1-0 Let's Go Middle and High School Toolkit: <http://www.lets-go.org/programs/schools/middlehigh-school-toolkit/>
- AHA – Brain Power [https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm\\_467221.pdf](https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_467221.pdf)
- AHA Physical Activity and Heart Rate - [https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm\\_306494.pdf](https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_306494.pdf)
- AHA – Garden Growing While on the Move [http://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm\\_467219.pdf](http://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_467219.pdf)
- AHA Obesity Epidemic Research [https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm\\_452021.pdf](https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_452021.pdf)
- AHA Pedometer and Calories – Stepping Across the States [https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm\\_306495.pdf](https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_306495.pdf)
- AHA - Obesity Trends [https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm\\_452018.pdf](https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_452018.pdf)
- AHA - What or Who Influences Your Food Choices [https://www.heart.org/idc/groups/heart-public/@wcm/@global/documents/downloadable/ucm\\_314238.pdf](https://www.heart.org/idc/groups/heart-public/@wcm/@global/documents/downloadable/ucm_314238.pdf)
- Body Works Program - Office of Women's Health, DHHS [www.womenshealth.gov](http://www.womenshealth.gov)
- CA Media Smarts - Looking at Food Advertising <http://mediasmarts.ca/lessonplan/looking-food-advertising-lesson>
- CA Media Smarts – Gotta Have a Gimmick [http://mediasmarts.ca/sites/mediasmarts/files/pdfs/lesson-plan/Lesson Youve Gotta Have a Gimmick.pdf](http://mediasmarts.ca/sites/mediasmarts/files/pdfs/lesson-plan/Lesson%20Youve%20Gotta%20Have%20a%20Gimmick.pdf)
- Care 2 Eat - Grades 7-12 Alliance for a Healthier Generation [https://schools.healthiergeneration.org/asset/q3z44t/10-1662\\_Care2Eat.pdf](https://schools.healthiergeneration.org/asset/q3z44t/10-1662_Care2Eat.pdf)
- Food Span -Johns Hopkins Center for a Livable Future: <http://foodspanlearning.org/>
- New York Times Lesson –Diagnosing Vitamin D Deficiency <https://learning.blogs.nytimes.com/2012/03/14/when-somethings-missing-diagnosing-vitamin-deficiencies/comment-page-1/?r=0>
- Discovery – When Food Becomes The Enemy <https://school.discoveryeducation.com/lessonplans/programs/eatingdisorders>
- Discovery – Introducing Bacteria <http://www.discoveryeducation.com/teachers/free-lesson-plans/introduction-to-bacteria.cfm>
- TeensHealth.org - Figuring out Fat and Calories <http://kidshealth.org/en/teens/fat-calories.html>
- TeensHealth.org – Food Labels <http://kidshealth.org/en/teens/food-labels.html>
  
- New York Times Lesson - Foodwith Health Benefits <http://www.nytimes.com/2011/05/15/business/15food.html>
- NY Times - Is that a fact? <https://learning.blogs.nytimes.com/2005/05/03/is-that-a-fact/>

- Frontline –Fat Teachers Guides <http://www.pbs.org/wgbh/pages/frontline/teach/fat/>
- Kids Health Grades 9-12 Teachers Guides
  - *Breakfast*  
<https://classroom.kidshealth.org/classroom/9to12/personal/nutrition/breakfast.pdf>
  - *Healthy Snacking*  
[https://classroom.kidshealth.org/classroom/9to12/personal/nutrition/healthy\\_snacking.pdf](https://classroom.kidshealth.org/classroom/9to12/personal/nutrition/healthy_snacking.pdf)
  - *Food Labels*  
[https://classroom.kidshealth.org/classroom/9to12/personal/nutrition/food\\_labels.pdf](https://classroom.kidshealth.org/classroom/9to12/personal/nutrition/food_labels.pdf)
  - *Media Literacy and Health*
  - *School Lunch*  
[https://classroom.kidshealth.org/classroom/9to12/personal/nutrition/school\\_lunch.pdf](https://classroom.kidshealth.org/classroom/9to12/personal/nutrition/school_lunch.pdf)
  - *Screen Time*  
[https://classroom.kidshealth.org/classroom/9to12/personal/fitness/screen\\_time.pdf](https://classroom.kidshealth.org/classroom/9to12/personal/fitness/screen_time.pdf)
- Media Influences on health and wellbeing [https://dese.mo.gov/sites/default/files/cur-health-  
hs-consumer-health-safety-2011.pdf](https://dese.mo.gov/sites/default/files/cur-health-hs-consumer-health-safety-2011.pdf)
- Glencoe Online Learning Center - Unit 1, Lesson 4 - Analyzing Influences on Health  
<http://www.warrenkyschools.org/userfiles/2798/Classes/16329/lesson04.pdf>
- In the Mix – Hearing Between The Lines –Body Image Lesson  
<http://www.pbs.org/inthemix/educators/lessons/selfimage2/>
- Michigan State University Sample Physical Activity Log
- <http://commtechlab.msu.edu/sites/letsnet/frames/subjects/health/log.html>
- Michigan State University Kangaroo Food and Fitness Log
- [http://msue.anr.msu.edu/uploads/236/66667/IIFFJump2-  
KangarooFoodFitnessActivityLog.pdf](http://msue.anr.msu.edu/uploads/236/66667/IIFFJump2-KangarooFoodFitnessActivityLog.pdf)
- NIH Healthy Behaviors: Lesson 2 – Influences on Behavior  
<https://science.education.nih.gov/supplements/nih7/healthy/guide/lesson2.html>
- <http://www.pbs.org/wgbh/pages/frontline/teach/fat/lesson2.html>
- <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=2645>
- PE Central Congressional Testimony Assignment  
<http://www.pecentral.org/lessonideas/health/jennsassignment.html>
- PE Central -Calculating Fat, Carbohydrates & Proteins:  
<http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=919>
- PE Central Food Pyramid  
<http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=2645#.WTHkbWVNFho>
- Sample Physical Activity Log – Michigan State University  
<http://commtechlab.msu.edu/sites/letsnet/frames/subjects/health/log.html>
- Sleep- NIH Curriculum Supplement  
[https://science.education.nih.gov/supplements/nih3/sleep/guide/nih\\_sleep\\_curr-supp.pdf](https://science.education.nih.gov/supplements/nih3/sleep/guide/nih_sleep_curr-supp.pdf)
- TeensHealth.org - Vitamin Chart <http://kidshealth.org/en/teens/vitamin-chart.html>
- TeensHealth.org - Vitamins and Minerals [http://kidshealth.org/en/teens/vitamins-  
minerals.html](http://kidshealth.org/en/teens/vitamins-minerals.html)
- Teens Health - Mineral Chart <http://kidshealth.org/en/teens/mineral-chart.html>

- USA Today Obesity Article  
<https://usatoday30.usatoday.com/educate/casestudies/obesity.pdf>

### Global Health

- Global Health -PBS Global Health Lesson 9-12<sup>th</sup> Grade  
<http://www.pbs.org/now/classroom/globalhealth.html>
- Global Health – Where Does Our Food Come From ?  
[http://www.chgeharvard.org/sites/default/files/lesson-plan-files/lesson\\_3.pdf](http://www.chgeharvard.org/sites/default/files/lesson-plan-files/lesson_3.pdf)
- Global Health - CDC Ebola <https://www.cdc.gov/vhf/ebola/>
- Global Health Program -CDC <https://www.cdc.gov/globalhealth/index.html>
- Peace Corps – Preventing Communicable and NonCommunicable Disease  
<https://www.peacecorps.gov/educators/resources/preventing-communicable-and-noncommunicable-diseases/>

### Evaluating Health Information

- Consumer Health – Does Advertising Work on You  
<http://files.eric.ed.gov/fulltext/ED434106.pdf>
- Family Doctor.Org (American Association of Family Physicians) – Finding Reliable Health Information on the Web <https://familydoctor.org/health-information-on-the-web-finding-reliable-information/?adfree=true>
- Food and Drug Administration - FDA – How to Spot Health Fraud  
<http://www.fda.gov/Drugs/EmergencyPreparedness/BioterrorismandDrugPreparedness/ucm137284.htm>
- Federal Trade Commission – FTC – Truth in Advertising: Health and Fitness Claims <https://www.ftc.gov/news-events/media-resources/truth-advertising/health-claims>
- Iowa Children’s Hospital – Online Health Information What Can You Trust <https://uichildrens.org/online-health-information-what-can-you-trust>
- Kids Health Grade 9-12 Media Literacy and Health Teacher’s Guide  
[https://classroom.kidshealth.org/classroom/9to12/personal/growing/media\\_literacy\\_health.pdf](https://classroom.kidshealth.org/classroom/9to12/personal/growing/media_literacy_health.pdf)
- Medline Plus - Evaluating Health Information  
<https://medlineplus.gov/evaluatinghealthinformation.html>

- Medline Plus - Guide to Healthy Web Surfing  
<https://medlineplus.gov/healthywebsurfing.html>
- Media Literacy -Recognizing Propaganda:  
<http://www.glencoe.com/sec/health/teachres/lessonplans/mlshampo.o.shtml>
- NIH Office of Dietary Supplements  
<https://ods.od.nih.gov/HealthInformation/consumerprotection.sec.aspx>
- PE Central -Successfully Evaluating Online Health Information  
<http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=10702#.WTHT6WVNFho>
- Read Write Think – Analyzing Ads Persuasive Techniques  
[http://www.readwritethink.org/files/resources/lesson\\_images/lesson1166/AnalyzingAds.pdf](http://www.readwritethink.org/files/resources/lesson_images/lesson1166/AnalyzingAds.pdf)