

Choosing Health High School - Body Image & Eating Disorders

Lessons	Health Benchmarks	Language Arts Benchmarks
<u>Unit 1: Body Image & Self-Esteem</u>		
<u>Lesson 1: What Is Perfection?</u>	Use pertinent and descriptive terminology when discussing health issues. 4:2:c	
<u>Lesson 2: Defining Terms</u>	Use pertinent and descriptive terminology when discussing health issues. 4:2:c	
<u>Lesson 3: Looking at Myself</u>	Determine how to delay and/or reduce potential health problems during adulthood. 1:2:c	
<u>Lesson 4: Improving Body Image</u>	Determine how to delay and/or reduce potential health problems during adulthood. 1:2:c	
<u>Unit 2: Pressure on Body Image</u>		
<u>Lesson 1: Body Image Pressures</u>		Use various cues/strategies to connect with text, predict message of text, and validate understanding of text. 1:1:a Analyze when a specific cue or strategy can be used most effectively to read for comprehension or to interpret specific materials. 1:1:b Use prior knowledge and experience to interpret, evaluate, and construct meaning from various texts. 1:1:c
<u>Lesson 2: Messages from the Media</u>	Evaluate the effect of media on personal, family, and community health. 2:1:b	
<u>Unit 3: Eating Disorders</u>		
<u>Lesson 1: What Do You Know?</u>	Evaluate how cultural diversity enriches and challenges health behaviors. 2:1:a	
<u>Lesson 2: Learning About Eating Disorders</u>		Use various cues/strategies to connect with text, predict message of text, and validate understanding of text. 1:1:a

	Analyze when a specific cue or strategy can be used most effectively to read for comprehension or to interpret specific materials. 1:1:b
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Lessons	Health Benchmarks	Language Arts Benchmarks
<u>Lesson 2 (Cont.)</u>		Use prior knowledge and experience to interpret, evaluate, and construct meaning from various texts. 1:1:c
<u>Lesson 3: Influences on Eating Disorders</u>		

<u>Unit 4: Help for Eating Disorders</u>		
<u>Lesson 1: Circles of Sharing</u>	Model positive behaviors which influence and support others in making healthy choices. 5:3:a	
<u>Lesson 2: What's Normal?</u>	Analyze various genetic conditions and health practices which may influence the cause or prevention of diseases. 1:3:c Evaluate various family and community situations which require professional health services. 2:3:a	Analyze the characteristics of the target audience to determine appropriate style and language. 4:2:a Analyze the intent/purpose of oral presentations to determine appropriate style and language. 4:2:b Apply the appropriate conventions/mechanics of language in personal communication. 4:2:c Use various auxiliary resources to facilitate oral presentations, e.g., visual aids, special effects. 4:3:c
<u>Lesson 3: Help for Eating Disorders</u>	Evaluate how cultural diversity enriches and challenges health behaviors. 2:1:a Evaluate the effect of media on personal, family, and community health. 2:1:b Analyze options for contacting/obtaining professional health services. 2:3:b	Use various auxiliary resources to facilitate oral presentations, e.g., visual aids, special effects. 4:3:c
<u>Lesson 4: What's Eating You?</u>	Evaluate various family and community situations which require professional health services. 2:3:a	

Science Benchmarks

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