

UPPER EL/MIDDLE SCHOOL HEALTH & NUTRITION 2008-2009

MONTH	Week 1	Week 2	Week 3	Week 4	Week 5
Sept.	1 No School	8 What Does Healthy Mean? Food Journal	15 Food Pyramid Discussion	22 Food Pyramid Continued Worksheet	29 Importance of Water Discussion
Oct.	6 Importance of Vitamins & Minerals Discussion	13 Vitamins & Minerals Continued Worksheet	20 Reading Nutrition Facts Discussion	27 Nutrition Facts Continued Worksheet	
Nov.	3 Serving Size vs. Portion Size Discuss/Demo	10 Importance of Exercise Discuss/Demo	17 Importance of Sleep Discuss/Worksheet	24 Creating a Balanced Meal Discussion	
Dec.	1 Balanced Meal Cont. Worksheet	8 Creating a Healthy Grocery List Discussion	15 Healthy Grocery list-Continued Worksheet	22 No School	29 No School
Jan.	5 Create Healthy New Year's Resolutions Worksheet	12 Food Journals Discussion	19 No School	26 Living in the 4 th most unhealthy state/What is Disease? Discussion	
Feb.	2 What do we do to stay healthy?- Discussion	9 Healthy Mind=Healthy Body -Discussion	16 No School	23 Societies Influence on our Self-Esteem -Discussion	
Mar.	2 What does the word Sex mean?-Discussion	9 Safety/ Relationships & Respect-Discussion	16 Hygiene/Keeping Your Body Clean Activity	23 Understanding Puberty for Both Genders Discussion	30 Sexual Intercourse in Scientific Terms Discussion
Apr.	6 No School	13 Reproduction in Scientific Terms Discussion	20 Boys Only Class-Anatomy Medical Chart	27 Girls Only Class-Anatomy/Menstruation Medical Chart	
May	4 Coming of Age Discussion/Group work	11 Share Coming Of Age Projects	18 Share Coming Of Age Projects	25 No School	

