

Glencoe Health © 2005
National Health Education Standards
Correlation by Chapter and Lesson

	STANDARD	PERFORMANCE INDICATOR
CHAPTER 5 <i>Nutrition and Your Health</i>		
Lesson 1 <i>Nutrition</i> <i>During the</i> <i>Teen Years</i>	1.1	Analyze how behavior can impact health maintenance and disease prevention.
	1.6	Describe how to delay onset and reduce risks of potential health problems during adulthood.
	4.1	Analyze how cultural diversity enriches and challenges health behaviors.
	4.2	Evaluate the effect of media and other factors on personal, family, and community health.
	7.2	Express information and opinions about health issues.
Lesson 2 <i>Nutrients</i>	1.6	Describe how to delay onset and reduce risks of potential health problems during adulthood.
	6.4	Implement a plan for attaining a personal health goal.
Lesson 3 <i>Guidelines for</i> <i>Healthful</i> <i>Eating</i>	1.3	Explain the impact of personal health behaviors on the functioning of body systems.
	3.4	Develop strategies to improve or maintain personal, family and community health.
Lesson 4 <i>Food and</i> <i>Health Living</i>	1.1	Analyze how behavior can impact health maintenance and disease prevention.
	3.4	Develop strategies to improve or maintain personal, family and community health.