

TEEN HEALTH COURSE 1 © 2003
Correlation to the National Health Education Standards

	STANDARD	PERFORMANCE INDICATOR
CHAPTER 5 Nutrition and Physical Health		
Lesson 1 <i>Why Your Body Needs Nutrients</i>	1.1	Explain the relationship between positive health behaviors and the prevention of injury, illness, disease, and premature death.
	1.3	Explain how health is influenced by the interaction of body systems.
	2.2	Demonstrate the ability to utilize resources from home, school, and community that provide valid health information.
	3.1	Explain the importance of assuming responsibility for personal health behaviors.
	3.4	Demonstrate strategies to improve or maintain personal and family health.
Lesson 2 <i>Following a Balanced Food Plan</i>	1.1	Explain the relationship between positive health behaviors and the prevention of injury, illness, disease, and premature death.
	3.1	Explain the importance of assuming responsibility for personal health behaviors.
	3.2	Analyze a personal health assessment to determine health strengths and risks.
	3.4	Demonstrate strategies to improve or maintain personal and family health.
Lesson 3 <i>Making Healthful Food Choices</i>	1.1	Explain the relationship between positive health behaviors and the prevention of injury, illness, disease, and premature death.
	1.3	Explain how health is influenced by the interaction of body systems.
	1.6	Describe ways to reduce risks related to adolescent health problems.
	2.6	Describe situations requiring professional health services.
	3.1	Explain the importance of assuming responsibility for personal health behaviors.
	3.4	Demonstrate strategies to improve or maintain personal and family health.
Lesson 4 <i>The Benefits of Physical Activity</i>	1.1	Explain the relationship between positive health behaviors and the prevention of injury, illness, disease, and premature death.
	1.3	Explain how health is influenced by the interaction of body systems.
	1.8	Describe how lifestyle, pathogens, family history, and other risk factors are related to the cause or prevention of disease and other health problems.

	3.1	Explain the importance of assuming responsibility for personal health behaviors.
	3.4	Demonstrate strategies to improve or maintain personal and family health.
	3.5	Develop injury prevention and management strategies for personal and family health.
	3.7	Demonstrate strategies to manage stress.
Lesson 5 <i>Setting Fitness Goals</i>	1.1	Explain the relationship between positive health behaviors and the prevention of injury, illness, disease, and premature death.
	1.6	Describe ways to reduce risks related to adolescent health problems.
	1.8	Describe how lifestyle, pathogens, family history, and other risk factors are related to the cause or prevention of disease and other health problems.
	3.1	Explain the importance of assuming responsibility for personal health behaviors.
	3.4	Demonstrate strategies to improve or maintain personal and family health.
	3.5	Develop injury prevention and management strategies for personal and family health.
	6.4	Apply strategies and skills needed to attain personal health goals.
	6.5	Describe how personal health goals are influenced by changing information, abilities, priorities, and responsibilities