

TEEN HEALTH COURSE 3 © 2003
Correlation to the National Health Education Standards

	STANDARD	PERFORMANCE INDICATOR
CHAPTER 8 Nutrition for Health		
Lesson 1 <i>The Importance of Nutrition</i>	1.1	Explain the relationship between positive health behaviors and the prevention of injury, illness, disease, and premature death.
	1.4	Describe how family and peers influence the health of adolescents.
	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.
Lesson 2 <i>Nutrients for Wellness</i>	1.1	Explain the relationship between positive health behaviors and the prevention of injury, illness, disease, and premature death.
	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.
Lesson 3 <i>Following Nutrition Guidelines</i>	1.1	Explain the relationship between positive health behaviors and the prevention of injury, illness, disease, and premature death.
	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.
	2.1	Analyze the validity of health information, products, and services.
	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 4 <i>Planning Meals and Snacks</i>	1.1	Explain the relationship between positive health behaviors and the prevention of injury, illness, disease, and premature death.

	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.
	6.1	Demonstrate the ability to apply a decision-making process to health issues and problems individually and collaboratively.
	6.2	Analyze how health-related decisions are influenced by individual, family, and community values.
	6.3	Predict how decisions regarding health behaviors have consequences for self and others.