

**Comprehensive Health Education in Grade 8**

**Nutrition and Fitness**

**Standard**

**Maryland State Curriculum Content Standard 6:** Students will demonstrate the ability to use nutrition and fitness knowledge, skills, and strategies to promote healthy lifestyles.

**Indicators and Objectives**

<b>1. Eating Behaviors and Body Image – Analyzing Influences</b>
<b>1. Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.</b>
a. Analyze factors that contribute to personal eating behaviors. <input type="checkbox"/> Hunger vs. appetite <input type="checkbox"/> Stress <input type="checkbox"/> Environment <input type="checkbox"/> Family/culture <input type="checkbox"/> Media <input type="checkbox"/> Peers
b. Analyze factors that influence body image. <input type="checkbox"/> Media <input type="checkbox"/> Peers <input type="checkbox"/> Family/culture <input type="checkbox"/> Ideals <input type="checkbox"/> Life experience (e.g., abuse, prejudice, injuries, etc.)
c. Evaluate internal and external influences that may lead to eating disorders. <input type="checkbox"/> Body image <input type="checkbox"/> Peers <input type="checkbox"/> Media <input type="checkbox"/> Family

<b>III. Eating Disorders – Accessing Information</b>
<b>1. Identify unhealthy eating choices.</b>
a. Compare the three most common eating disorders. <input type="checkbox"/> Anorexia nervosa <input type="checkbox"/> Bulimia nervosa <input type="checkbox"/> Binge eating disorder
b. Summarize causes, symptoms, and treatment options for the three most common eating disorders.

<b>VII. Managing Weight – Self-Management</b>
<b>1. Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.</b>

Grade 8 Nutrition and Fitness

a. Explain the relationship among food intake, physical activity, and weight management.
b. Calculate a sample Body Mass Index and explain what constitutes a health/weight.
c. Analyze the effects of energy balance on the body system. <input type="checkbox"/> Weight gain <input type="checkbox"/> Stable weight <input type="checkbox"/> Weight loss <input type="checkbox"/> Assess the benefits of physical activity.
<b>2. Advocate for practicing healthy eating behaviors in self, family, and community.</b>
a. Design a personal weight management plan that includes healthy eating and physical activity, to maintain, gain, or lose weight.