

Take A Look !!!



**Aligned to Newly Adopted
California Health Education Content Standards**

Scope and Sequence: Activity & Eating

CALIFORNIA EDUCATION STANDARDS – HIGH SCHOOL	
Health Education Content Standards for California Public Schools	
Nutrition and Physical Activity	
Standard 1: Essential Concepts	<ul style="list-style-type: none"> • HS.1.N.1 Distinguish between facts and myths regarding nutrition practices, products and physical performance. • HS.1.N.3 Explain the importance of variety and moderation in food selection and consumption. • HS.1.N.4 Describe dietary guidelines, food groups, nutrients and serving sizes for healthy eating habits. • HS.1.N.9 Analyze the relationship between physical activity and overall health. • HS.1.N.10 Evaluate various approaches to maintaining a healthy weight. • HS.1.N.13 Describe the amounts and types of physical activity recommended for teenagers’ overall health and to maintain a healthy body weight.
Standard 2: Analyzing Influences	<ul style="list-style-type: none"> • HS.2.N.16 Evaluate internal and external influences that affect food choices. • HS.2.N.17 Assess personal barriers to healthy eating and physical activity. • HS.2.N.20 Analyze the impact of various influences, including the environment, on eating habits and attitudes toward weight management.
Standard 3: Accessing Valid Information	<ul style="list-style-type: none"> • HS.3.N.22 Access sources of accurate information about safe and healthy weight management.
Standard 6: Goal Setting	<ul style="list-style-type: none"> • HS.6.N.33 Assess one’s personal nutrition needs and level of physical activity. • HS.6.N.35 Create a personal nutrition and physical activity plan based on current guidelines.
Standard 7: Practicing Health-Enhancing Behaviors	<ul style="list-style-type: none"> • HS.7.N.37 Critique one’s own personal diet for overall balance of key nutrients. • HS.7.N.38 Identify ways an individual can eat more fruits and vegetables. • HS.7.N.39 Describe how to take more personal responsibility for eating healthy foods.