



neema HEALTH PROGRAM

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LESSON 1: YOUR UNIQUE STREAK	8
Students will work in pairs to interview each other and gather unique information, then create a name poster using the information gathered within the interview.	
LESSON 2: THE SEARCH FOR GOOD HEALTH	11
Define a set of vocabulary terms related to nutrition, physical activity and diabetes.	
LESSON 3: STEPS TO A HEALTHY LIFE	13
Establish at least two healthy dietary goals and two healthy physical activity goals to adopt for a six-week period.	
LESSON 4: THE HEALTHY FAB FIVE	17
Students will interview classmates regarding healthy favorites and create a bar graph and pie chart to depict responses.	
LESSON 5: SNACK ATTACK	19
Guide students in assessing unhealthy eating practices. Students will rank order each unhealthy behavior individually, as a group and then provide a healthy alternative to each unhealthy eating behavior portrayed.	
LESSON 6: NUTRIENT NEWS	22
The six categories of essential nutrients will be discussed including the important function(s) of each nutrient and a variety of food sources for each nutrient.	
LESSON 7: PICK YOUR PORTIONS	25
Students will use the Food Guide Pyramid to assist with meal planning using all food groups.	
LESSON 8: LEARNING THE LABEL LINGO	30
Discuss the main sections of a food label. Students will use food labels from foods brought into the classroom to determine the “healthiness” of the food product.	
LESSON 9: NUTRITION BINGO	32
Students create definitions for each nutrition concept and provide an example of a food marked within the NUTRIENT-O row, column or diagonal.	
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Comprehend and list non-communicable and hereditary diseases and respective prevention and treatment techniques.	
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Inform students about activities appropriate for young people and the benefits of physical activity.	
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Determine the effects of different levels of activity on heart rate.	
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Students will choose one of three writing prompts and write a five paragraph persuasive essay targeting a family member.	
LESSON 15: THE HEALTHY “WEIGH”	50
Identify key concepts from the year’s health lessons as well as create a list of activities that he/she has participated in to promote a healthy lifestyle.	
LESSON 16: HEALTHY FINISH LINE	54
Students will learn the difference between being underweight, overweight and obese, as well as identify how to maintain a healthy weight.	