



PE/Health Virtual Learning

7/8th Strength and Conditioning

May 20, 2020



7th/8th Strength and Conditioning
Lesson: **May 20, 2020**

Objective/Learning Target:

Describes the relationship between poor nutrition and health risk factors.

NASPE (S3.M17.8)

Lesson Objective/Essential Question

EQ: What is the correlation between poor eating habits and health risks?

Objective: Your objective for this assignment is to evaluate your current eating habits and how they may lead to current or future health risks. We will identify some poor nutrition habits and the effects they may have on your body.

Warm-Up Activity

Identify your current eating habits that you think might have potential health risks now in the present or down the road in the future.

1.

2.

3.

4.

5.

Benefits of good eating habits

For Children:

Helps children grow including development of bones and muscles. It also reduces the risk of chronic diseases

For Adults:

Helps adults live longer and reduce the risk of chronic diseases such as diabetes and heart disease

Harmful effects of poor nutrition

Obesity/Overweight: 19% of adolescents and 40% of adults are obese or overweight. These conditions lead to heart disease, type 2 diabetes, and some forms of cancer

Heart Disease/Stroke: Two of the leading causes are stroke and high blood pressure. The consumption of too much sodium can lead to high blood pressure. Package and processed foods account for 70% of America's sodium intake.

Type 2 Diabetes: Happens when the body is unable to use the insulin it makes. In the U.S. alone 1 in 3 Americans have prediabetes and 90% of them don't even know they have it.

Harmful effects of poor nutrition continued

Cancer: Being overweight or obese has been associated with 13 types of cancer. Out of the 13 there are four that make up 40% of cancer diagnosed. These are Uterine Cancer, Breast Cancer, Postmenopausal Cancer, and Colorectal Cancer.

Brain Function: The brain develops from the start of pregnancy till your second birthday. Low levels of Iron can lead to mental and behavioral delays in children

The full CDC Article [“Poor Nutrition”](#)

After review of the previous slides and reading the full article, what are some health concerns you are at risk for?

Make a list of perceived health risks:

1.

2.

3.

Self Reflection

What are some adjustments that you can make to improve your eating habits?

Who can help you adjust or make new eating habits?

Other than eating habits, what else can you do to prevent health risks?

Make 3 SMART goals that you will implement to assist you with making changes?

Make a plan for the short term and long term to hold yourself accountable for good eating habits.