Lil Sugar — MASTER OF DISGUISE

HIP HOP public health

GRADE	OPEN PRIORITY OUTCOME	NATIONAL HEALTH EDUCATION STANDARDS
K	RECOGNIZES THAT FOOD PROVIDES ENERGY FOR PHYSICAL ACTIVITIES.	1.2.1 IDENTIFY THAT HEALTHY BEHAVIORS IMPACT PERSONAL HEALTH. 7.2.1 DEMONSTRATE HEALTHY PRACTICES AND BEHAVIORS TO MAINTAIN OR IMPROVE PERSONAL HEALTH.
1	IDENTIFIES FOODS THAT PROMOTE GOOD HEALTH.	2.2.1 IDENTIFY HOW THE FAMILY INFLUENCES PERSONAL HEALTH PRACTICES AND BEHAVIORS. 8.2.2 ENCOURAGE PEERS TO MAKE POSITIVE HEALTH CHOICES.
2	DESCRIBES THE SPECIFIC ROLES THAT NUTRITION AND PHYSICAL ACTIVITY PLAY IN OVERALL GOOD HEALTH.	6.2.1 IDENTIFY A SHORT-TERM PERSONAL HEALTH GOAL AND TAKE ACTION TOWARD ACHIEVING THE GOAL. 7.2.2 DEMONSTRATE BEHAVIORS THAT AVOID OR REDUCE HEALTH RISKS.
3	IDENTIFIES THE 5 BASIC FOOD GROUPS.	5.5.5 CHOOSE A HEALTHY OPTION WHEN MAKING A DECISION. 6.5.1 SET A PERSONAL HEALTH GOAL AND TRACK PROGRESS TOWARD ITS ACHIEVEMENT.
4	IDENTIFIES A VARIETY OF FOODS FROM EACH FOOD GROUP.	2.5.3 IDENTIFY HOW PEERS CAN INFLUENCE HEALTHY AND UNHEALTHY BEHAVIORS. 7.5.2 DEMONSTRATE A VARIETY OF HEALTHY PRACTICES & BEHAVIORS TO MAINTAIN OR IMPROVE PERSONAL HEALTH.
5	COMPARES AND CONTRASTS THE HEALTH BENEFITS OF DIFFERENT FOOD CHOICES.	4.5.1 DEMONSTRATE EFFECTIVE VERBAL AND NONVERBAL COMMUNICATION SKILLS TO ENHANCE HEALTH. 7.5.3 DEMONSTRATE A VARIETY OF BEHAVIORS TO AVOID OR REDUCE HEALTH RISKS.
6	IDENTIFIES FOODS FROM EACH FOOD GROUP THAT CAN BE COMBINED TO BUILD BALANCED MEALS.	5.8.6 CHOOSE HEALTHY ALTERNATIVES OVER UNHEALTHY ALTERNATIVES WHEN MAKING A DECISION. 8.8.2 DEMONSTRATE HOW TO INFLUENCE AND SUPPORT OTHERS TO MAKE POSITIVE HEALTH CHOICES.
7	COMPARES AND CONTRASTS THE HEALTH BENEFITS OF WHOLE FOODS VERSUS PROCESSED FOODS.	6.8.3 APPLY STRATEGIES AND SKILLS NEEDED TO ATTAIN A PERSONAL HEALTH GOAL. 8.8.3 WORK COOPERATIVELY TO ADVOCATE FOR HEALTHY INDIVIDUALS, FAMILIES, AND SCHOOLS.
8	SEEKS OUT AND MAKES REQUESTS FOR NUTRITIOUS WHOLE-FOOD CHOICES.	2.8.5 ANALYZE HOW MESSAGES FROM MEDIA INFLUENCE HEALTH BEHAVIORS. 5.8.7 ANALYZE THE OUTCOMES OF A HEALTH-RELATED DECISION.

NUTRITION From the Hart

OPEN®

HIP HOP public health