

Grade 8

Distance Learning Module 4: Week of: April 20<sup>th</sup> - April 24th

## Grade 8 Healthy Living: *Eating Healthy & Body Weight*

### Targeted Goals from Stage 1: Desired Results

**Content Knowledge:** Self-esteem is your overall opinion of yourself — how you feel about your abilities and limitations. When you have healthy self-esteem, you feel good about yourself and see yourself as deserving the respect of others. When you have low self-esteem, and you might constantly worry that you aren't good enough. Going through adolescence can be challenging, and body image and self-esteem can be influenced by negative influences. Sometimes, teens can restrict calories and not eat healthy because of poor body image. Teens need extra nutrients to support bone growth, hormonal changes and organ and tissue development, including the brain. Teens should eat healthy foods, drink water and limit highly processed food, sugary drinks.

**Vocabulary:** Healthy, adolescence, calorie, snacks, body image, body weight

**Skills:** Recognize the importance of eating healthy, identify healthy snacks and food options to replace those that are less healthy. Recognize the importance of feeling good about your body and identify and limit those sources that have a negative effect.

### Expectation:

Description of Task (s):	Resources and Materials:	Daily Checks (Return to Google Classroom or snapshots from a cell phone)
Monday: <ul style="list-style-type: none"><li>● Watch BrainPop on Body weight</li><li>● Watch the video on Body Image &amp; respond to question in EdPuzzle</li></ul>	<ul style="list-style-type: none"><li>● BrainPop on Body Weight</li><li>● Body Image Video on EdPuzzle</li></ul>	<ul style="list-style-type: none"><li>● I will read your response to the questions for the Body Image Video in EdPuzzle</li></ul>
Tuesday:		
Wednesday: <ul style="list-style-type: none"><li>● Watch the video with the Australian Teens talking about Self Esteem</li></ul>	<ul style="list-style-type: none"><li>● Body Image and Self Esteem Video</li><li>● Body Image Tips</li></ul>	<ul style="list-style-type: none"><li>● Apply some of the body image tips</li></ul>

Description of Task (s):	Resources and Materials:	Daily Checks (Return to Google Classroom or snapshots from a cell phone)
<ul style="list-style-type: none"> <li>● Read the handout on body image tips</li> </ul>		
Thursday:		
Friday: <ul style="list-style-type: none"> <li>● Watch the video about what athletes eat</li> <li>● Watch the video about snack swaps</li> <li>● Watch the video about serving size</li> <li>● Respond to the question in Classroom</li> </ul>	<ul style="list-style-type: none"> <li>● What Athletes Eat Before a Game (2014)</li> <li>● Healthy Snack Swaps</li> <li>● Serving Size</li> </ul>	<ul style="list-style-type: none"> <li>● I will read your response to the question in Classroom</li> </ul>

**Week criteria for success:** Watch the videos; respond to the questions in EdPuzzle and BrainPop, read the handout

**Supportive resources and tutorials for the week:** re-watch videos as needed, email me any time, I am available 9-2 for any questions or comments