

# Health Concerns

## Summary

Understanding how diet and nutrition can play an important role in the prevention, control and maintenance of certain health concerns like anemia, colon and rectal cancer, osteoporosis, diabetes and heart disease.

## Time Frame

1 class periods of 90 minutes each

## Group Size

Individual

## Materials

Handouts:

Nutritional Needs and Health Concern Study Sheet

Family Health Tree

Two Week Goal

Health Concerns Matching Review

Additional handouts if interested:

Points to Weight Loss

Predict Own Future

Suggested video:

Myth of the Perfect Body, Learning Seed

Diet and Weight Loss: Clearing the Confusion #23099, Learning Seed, 22 minutes, \$89.

Calcium, Dairy Council, 22 minutes

Eating Smart, American Cancer Society, 8 minutes

## Background for Teachers

The teacher needs to research current information on how diet and nutrition can help prevent and control health concerns like anemia, colon and rectal cancer, osteoporosis, diabetes and heart disease.

## Student Prior Knowledge

To understand how diet and nutrition can help prevent, control and overall maintenance of certain health concerns like anemia, colon and rectal cancer, osteoporosis, diabetes and heart disease.

## Intended Learning Outcomes

To identify the relationship of proper diet and nutrition and understand their role in preventing, controlling and maintenance of anemia, colon and rectal cancer, osteoporosis, diabetes and heart disease.

## Instructional Procedures

Lecture on Weight Management. Show the Video, Myth of the Perfect Body. Talk about it afterwards on how students view their own body.

Give assignment to set and evaluate one or more goals for a two week period increasing exercise, water, milk, fiber, fruits, or vegetable consumption in their diet. Keep a written record and write a summary on results.

Talk about weight loss, gaining weight, fad diets, and dieting.

Hand out the Family Health Tree to be due the next class to see about the future health of the student by looking at the health of parents and grandparents. By being aware of certain health concerns, one can adjust their diet and with proper nutrition may help to prevent these health concerns for the student down the road.

Go into detail about Anemia, Colon and Rectal Cancer, Diabetes, Heart Disease and Osteoporosis.

Identify how diet and nutrition may have a role in preventing and controlling these health concerns.

For review, have the students one by one read the statement out loud and identify from the list above on the Health Concerns Matching Review the correct answer.

Show video if time.

### Bibliography

Family Health Tree and Predict Your Own Health Assignments originated from Kristi Belliston (American Fork High School) and Rebecca Cox (Lone Peak High School)

### Authors

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