

8th Grade Health

3rd six weeks

WEEK: November 11-15

MONDAY 11th	TUESDAY 12th	WEDNESDAY 13th	THURSDAY 14th	FRIDAY 15th
<p>TLW: Create a visual representation of a Thanksgiving meal on a paper plate while applying the My Plate recommendations for portions. Analyze the nutritional content of your meal.</p> <p>Thanksgiving Meal portion and nutrition analysis - Due Today</p>	<p>TLW:.. define body image, explain the influence of social environments on body image, analyze the effects of media and society on body image for both genders</p>	<p>TLW:.. explain the difference between disordered eating and an eating disorder, identify the short- and long-term health effects of eating disorders, recognize warning signs of eating disorders</p> <p>Scenarios: Disordered Eating or Eating Disorder</p>	<p>TLW:.. modify self-talk to encourage positive messages about the body; discuss ways to avoid negative influences</p>	<p>TLW: Pre-test over Vaping & Tobacco</p> <p>Kahoot over Vaping Information</p>