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Senior High Health

Nutrition and Fitness Essential Questions

1. Describe three factors that are contributing to the increased rates of childhood obesity.

2. Why is it important to include all the key nutrients in your diet?

3. Why is choosing a nutrient dense food better than choosing an empty calorie food?

4. What are the 2010 dietary guidelines? How do they promote health and prevent disease?

5. How does the Choose My Plate website encourage individual eating plans?

6. What are the health benefits of regular physical activity?

7. What dimensions of health are positively impacted by eating nutritiously? Why?

What dimensions of health are positively impacted by physical activity? Why?

8. How can you develop a healthful body composition?

9. What are three strategies to develop or maintain a positive body image?