

Healthy Living Unit #1

Healthy Eating

Lesson #3

Food Choices and their affects.

By the end of the lesson students will be able to:

- ③ Identify health risks associated with making poor nutritional choices
- ③ Apply critical thinking skills while clarifying and focusing ideas related to making healthier food choices.

Health Concerns associated with poor food choices

- ③ Osteoporosis
- ③ Cancer
- ③ Diabetes
- ③ Heart Disease
- ③ Food Allergy

Health Concerns associated with poor food choices

- ③ Things to Consider about the Disorder
- ③ Foods that can contribute to this Disorder
- ③ Foods that can help prevent this Disorder