

Teen Health, Nutrition and Physical Activity

# Teen Health, Nutrition and Physical Activity

✓ Verified Book of Teen Health, Nutrition and Physical Activity

## Summary:

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Nutrition and Physical Activity\* offers information on the health risks associated with eating an unhealthful diet. Students are challenged to consider the influences that affect their dietary choices, and learn ways to manage weight healthfully using MyPlate and other tools. In the Physical Activity chapter, the importance of daily physical activity is addressed, as well as how students can assess their own fitness. Students also learn to develop a personal fitness plan and ways that they can prevent sports injuries by using proper equipment.' \*Each print module contains the same front matter section, titled Your Health and Wellness. This content is relevant to the entire program. It teaches the 10 Health Skills that are the foundation of the Teen Health program.

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