



8th Grade Health Targets 20-21

4.0 Target	3.0 Target	2.0 Target	Trimester
Nutrition			
Analyze a food plan to determine if the nutrient requirements are being met.	Explain the role of basic nutrients in maintaining health.	Identify the basic nutrients.	1
Not Applicable	Use the principles of energy balance, calorie intake, and expenditure to plan a diet and activity routine that will result in healthy body weight and composition.	Explain the principle of energy balance.	1
Evaluate the impact of diet on one's health.	Recognize the impact of diets on health.	Define the word diet.	1
Not Applicable	Explain why sustained moderate to vigorous physical activities can reduce symptoms of depression and anxiety	Understand what sustained moderate to vigorous physical activities are and define anxiety.	1
Evaluate behaviors/choices that may increase/decrease risks to one's health.	Explain behaviors/choices that may increase/decrease risks to one's health.	Indicate behaviors/choices that may increase/decrease risks to one's health.	1,2,3
Sexuality and Family Life			
Evaluate at least four risks of early sexual involvement.	Identify at least four risks of early sexual involvement.	Recognize early sexual involvement as a risky behavior.	2
Evaluate the best contraceptive choice in certain situations.	Explain the health benefits and risks of various methods of contraception, including abstinence.	List various methods of contraception.	2
Not Applicable	Recognize the symptoms of depression as a treatable condition that may precede suicide.	Indicate some signs/symptoms of depression.	2
Not Applicable	Apply the ACT technique (Acknowledge, Care, Tell) to a variety of real life scenarios	Define ACT (Acknowledge, Care, Tell)	2
Mental/Emotional Health			
Not Applicable	Apply knowledge of sexual harassment to a real life situation.	Define sexual harassment.	2
Disease Prevention/Control			
Evaluate the causes and impacts of various communicable, non-communicable, acute, chronic, and degenerative diseases on a person's health.	Distinguish the differences between communicable, non-communicable, acute, chronic, and degenerative diseases.	Recognize certain diseases.	3
Evaluate the health impact of three major chronic diseases (heart disease, cancer, diabetes) on a person's health.	Determine the signs and symptoms of the top three chronic diseases (heart disease, cancer, diabetes).	Identify three major chronic diseases (heart disease, cancer, diabetes).	3
Evaluate the health impact of sexually transmitted infections.	Explain short and long-term consequences of sexually transmitted infections.	Recognize short and long-term consequences of sexually transmitted infections.	3