

Students should be able to make a connection between each of the health topics (attitude, violence, personal health & wellness, nutrition, safety, drugs) and the 3 components of health (physical health, mental/emotional health, and social health).

This is an ongoing project assigned the first week of class. Students have time each day to reflect and work on this project during class warm up.

**Example:**

Nutrition

**Physical Health-** students can discuss the 6 nutrients we need from our food and how the body uses these nutrients to function.

**Mental/Emotional Health-** students can discuss how a lack of nutrients affects mood, learning and emotions

**Social Health-** students can discuss how society, cultural and families influence eating habits and/or students can discuss how food is a center point for many social gatherings

## The Health Triangle

Name

Class Period

Teacher

5 pictures that represent you









