Health and Nutrition

Statement Code no: 26

At Junior Certificate level the student can:

Use relevant knowledge about health and nutrition to make informed lifestyle choices

Learning Targets - This has been demonstrated by your ability to:

1. Describe the most important ways of keeping the body clean
2. List some of the benefits of moderate exercise for keeping the body healthy
3. Explain how the food we eat contributes to our state of health
4. Use correctly the most common vocabulary of health and nutrition
5. Give examples of lifestyle choices which affect our health, for example smoking
6. Describe the effects of some lifestyle choices, for example smoking and drug use
7. Explain what is meant by ‘preventative health care’
8. Give examples of interesting and beneficial ways to use leisure time
9. Give examples of some of the physical and emotional changes of puberty
10. List some facilities, information and support services including those found in the school

Refer also to: English, Civic Social and Political Education, Home Economics, Physical Education, Religious Education, Science

Work begun | Work in progress | Work completed