

# Health and Nutrition

CC

Statement Code no: 26

Student:

Class:

At Junior Certificate level the student can:

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

Date Commenced: / /

Date Awarded: / /

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

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

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

Work begun    | Work in progress    | Work completed