



Marietta City Schools
2025–2026 District Unit Planner

Unit title	<i>Nutrition and Physical Education</i>	Unit duration (hours)	<i>11.25 Hours</i>
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Mastering Content and Skills through INQUIRY (Establishing the purpose of the Unit): *What will students learn?*

GaDoE Standards

[HEHS.1.a, b, c, e, f, g, j, o](#)

Students will comprehend concepts related to health promotion and disease prevention to enhance health.

[HEHS.2.d, e, h](#)

Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

[HEHS.3.a, b, c](#)

Students will demonstrate the ability to access valid information, products, and services to enhance health.

[HEHS.4.c](#)

Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

[HEHS.5.d, f, g](#)

Students will demonstrate the ability to use decision-making skills to enhance health.

[HEHS.6.a, b, c, d](#)

Students will demonstrate the ability to use goal-setting skills to enhance health.

[HEHS.7.a, b, c](#)

Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

[HEHS.8.c, d](#)

Students will demonstrate the ability to advocate for personal, family, and community health.

Concepts/Skills to be Mastered by Students

Nutrition and Health

Choosing and Preparing Healthy Foods

Maintaining a Healthy Body Composition and Body Image

Physical Fitness and Health Plan

Essential Questions

1. Use evidence from current scientific research to analyze the accuracy of health claims.
2. Describe steps individuals can take to improve their diet.
3. Explain how nutrition impacts health.
4. Explain how diet can be used to prevent and treat chronic disease
5. Use nutrition information on food labels to compare and select products.
6. Explain proper food purchasing, preparation, and storage procedures.
7. Describe how to use a decision-making process to select healthy food and beverages.
8. Analyze how the media influences perceptions about body image and attractiveness.
9. Describe the causes, symptoms, and harmful effects of eating disorders.
10. Explain strategies an individual could use to maintain a healthy weight and body composition.
11. Describe why maintaining a healthy weight and body composition is important.
12. Describe barriers to maintaining good physical health.
13. Explain the characteristics of a safe physical fitness plan.
14. Describe the risks and negative effects of performance-enhancing drugs.
15. Explain how physical activity contributes to overall health.

Assessment Tasks

List of common formative and summative assessments.

- 1) Nutrition and Health Quiz
- 2) Choosing and Preparing Healthy Foods Quiz
- 3) Maintaining a Healthy Body Composition and Body Image Quiz
- 4) Physical Fitness and Health Quiz
- 5) Nutrition and Physical Education Unit Test

Learning Experiences

Add additional rows below as needed.

Objective or Content	Learning Experiences	Personalized Learning and Differentiation
GA HE H.S. 1 GA HE H.S. 2 GA HE H.S. 3 GA HE H.S. 4 GA HE H.S. 5 GA HE H.S. 6 GA HE H.S. 7 GA HE H.S. 8	Students will create a Safe physical fitness plan and present it to the class.	Translated text can be used through the edgenuity platform.
	Students complete simulations that examine strategies for making healthier choices and handling food safely.	Text to speech can be used through the edgenuity platform.
	Students will apply what they learned to consider the influence of technology on body image and how to develop a healthy weight-management plan.	Extended time will be permitted to those who require it.

Content Resources

www.Edgenuity.com (Online Health Platform)