Health & Nutrition

6th Grade Syllabus

Curriculum and Overview of Health and Nutrition Topics

In this exploratory course, students will learn the foundations of healthy living through three areas. First, in the Nutrition & Diet unit, they will discover how food groups, macronutrients, portion sizes, and nutrition labels affect health, while also tracking their own food intake and designing a balanced meal plan. Next, in the Exercise & Physical Activity unit, students will explore the benefits of exercise for both body and brain, learn about different types of activity, and work together to create and teach their own exercise routines. Finally, in the Mental Health & Wellness unit, students will examine stress and emotions, practice positive self-talk, and explore how brain chemistry and balance between school, home, and extracurricular life contribute to overall well-being. By the end of this course, students will be able to make informed nutrition choices, build and lead simple exercise routines, and apply stress-management and positive mental health strategies.

Course Goals

By the end of this class, students will be able to:

- Make informed nutrition choices
- Build and lead simple exercise routines
- Apply stress-management and positive mental health strategies

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Units of Study

1. **Nutrition & Diet**
- Learn about food groups, macronutrients, portion sizes, and nutrition labels
- Track daily food intake and design a balanced meal plan

2. **Exercise & Physical Activity**
- Explore the benefits of exercise for the body and brain
- Learn types of activity (cardio, strength, flexibility)
- Work in groups to create and teach a student-led exercise routine

3. **Mental Health & Wellness**
- Understand stress and emotions, positive self-talk, and brain chemistry
- Explore balance between school, home, and extracurricular life
- Learn strategies for building resilience and supporting peers

Assessments, Activities, & Culminating Project

- **Daily Work:** Worksheets, journals, and group activities
- **Quizzes/Tests:** Short checks at the during and at the end of each unit
- **Projects:**
    - Nutrition: Balanced meal plan
    - Exercise: Student-designed routine
    - Mental Health: Reflection or awareness activity

    Culminating Projects (Only 1):

    - Small groups design an interactive station covering nutrition, exercise, or mental health (Health and Nutrition Fair with a visiting class).
    - Posters, slides, or short videos teaching peers about healthy choices to be presented at the end of the trimester (PSAs).

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Expectations & Grading

Materials Needed

- Folder or binder
- Spiral notebook or paper
- Pencil/pen
- Charged Chromebook
- Colored pencil/markers

Class Expectations {SOAR}

- Be **Safe** - Listen, participate, try your best, and follow classroom expectations
- Be **On-task** - Bring materials, focus, and complete your work
- Be **Accepting** - Mistakes are part of learning, so be open and patient
- Be **Respectful** - Use kind words and actions with everyone

Grading Policy

- Participation & Effort - 15%
- Classwork - 40%
- Quizzes/Assessments - 30%
- Projects - 15%

Grading Scale:

- 89.5 - 100% = A
- 79.5 - 89.4% = B
- 69.5 - 79.4% = C
- 59.5 - 69.4% = D
- 0 - 59.4% = F

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Acknowledgement

Please sign and return to your teacher no later than:
Friday, August 28, 2026

We have read and reviewed the Health & Nutrition syllabus together. We understand the expectations, grading, and topics that will be covered in this trimester.

Student Name: _____

Student Signature: _____

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

Cohort:

☐ A ☐ B ☐ C