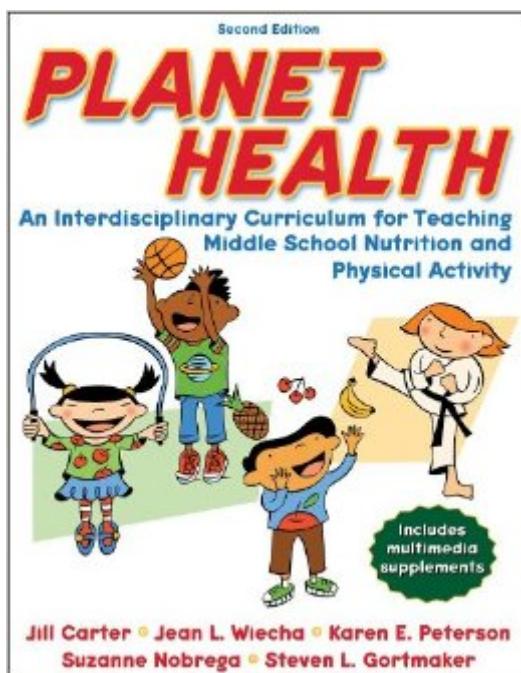


The book was found

# Planet Health - 2nd Edition: An Interdisciplinary Curriculum For Teaching Middle School Nutrition And Physical Activity



## Synopsis

The second edition of Planet Health: An Interdisciplinary Curriculum for Teaching Middle School Nutrition and Physical Activity offers an innovative approach to teaching health education. You can use this proven, evidence-based curriculum to teach students about nutrition and physical activity while helping them build skills and competencies in language arts, math, science, social studies, and physical education. The curriculum is designed for use by teachers in core academic areas as well as in physical education and health. This new edition includes revised nutrition and physical activity information, ensuring that you're equipped with the most up-to-date science. The book also includes an all-new CD-ROM with plenty of reproducible worksheets, parent information and newsletters, school health resources, and other teacher resource materials. Like the popular first edition, Planet Health provides 35 complete, ready-to-use lesson plans and 31 microunits that promote healthy nutrition and activity; materials and instructions to implement Power Down, a two-week campaign to reduce television and other media viewing time, which you can launch in the classroom or school-wide; and FitCheck, a self-assessment tool to help students track and improve their activity levels. In addition, the book includes access to a Web site, which features a teacher training PowerPoint presentation, a Planet Health FAQ, and more. Planet Health, Second Edition, encourages students to think holistically about how health behaviors are interrelated, and it offers a constructivist approach to teaching and learning. With this approach, you can build on your students' knowledge and experiences to create an active, inquiry-based, student-centered learning environment "one in which students learn best as they construct meaning for themselves.

Developed by educators and scientists at the Harvard School of Public Health, Planet Health, Second Edition, is aligned with the Massachusetts Department of Education Curriculum Frameworks (learning standards) for health, language arts, math, science and technology, and history and social science, and it meets the standards in many other states. Every Planet Health lesson incorporates a range of language arts learning standards and engages students through discussion ideas for small or large groups in which they cooperatively learn and solve health-related issues. Active discussions are used to encourage higher-level thinking and cognition, and peer-group work fosters social development. This new edition of Planet Health is the perfect antidote to kids' inactivity, poor food choices, and high levels of screen-viewing time. Acquiring good habits regarding nutrition and physical activity in adolescence often carries over into adulthood. Help your students develop good habits now with Planet Health, Second Edition, and they'll have a better chance of growing into healthy adults. v

## Book Information

Paperback: 592 pages

Publisher: Human Kinetics; 2nd edition (September 4, 2007)

Language: English

ISBN-10: 0736069186

ISBN-13: 978-0736069182

Product Dimensions: 8.5 x 1.4 x 11 inches

Shipping Weight: 3.2 pounds (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars See all reviews (1 customer review)

Best Sellers Rank: #1,369,166 in Books (See Top 100 in Books) #145 in Books > Education & Teaching > Schools & Teaching > Instruction Methods > Health #1019 in Books > Textbooks > Education > Curriculum & Instruction #1101 in Books > Medical Books > Medicine > Sports Medicine

## Customer Reviews

Planet Health was bought for a special needs high school classroom. The lessons are very valuable to learn for good health and the students can navigate through the lessons with some support. Highly recommended.

[Download to continue reading...](#)

Planet Health - 2nd Edition: An Interdisciplinary Curriculum for Teaching Middle School Nutrition and Physical Activity Elementary and Middle School Mathematics: Teaching Developmentally (8th Edition) (Teaching Student-Centered Mathematics Series) Teaching Learning Strategies and Study Skills To Students with Learning Disabilities, Attention Deficit Disorders, or Special Needs, 3rd Edition (For Middle School & High School) Foundations of Educational Technology: Integrative Approaches and Interdisciplinary Perspectives (Interdisciplinary Approaches to Educational Technology) Richbaub's Introduction to Middle School Grammar Book 1: A Foundation in Grammar for Middle School Writers (Volume 1) Teaching in Nursing and Role of the Educator: The Complete Guide to Best Practice in Teaching, Evaluation and Curriculum Development Global Perception: Sport Education, Teaching of Physical Education and Curriculum Studies Health Psychology, 2nd Edition: An Interdisciplinary Approach to Health America: Ready-To-Use Interdisciplinary Lessons & Activites for Grades 5-12 (Social Studies Curriculum Activites Library) Caring for the Rural Community: An Interdisciplinary Curriculum Innovative Teaching Strategies In Nursing And Related Health Professions (Bradshaw, Innovative Teaching Strategies in Nursing and Related Health Professions) Inclusive Physical Activity-2nd Edition Core Curriculum for Ambulatory Care Nursing

(Third Edition) (Laughlin, Core Curriculum for Ambulatory Care Nursing) Core Curriculum for Neonatal Intensive Care Nursing, 5e (Core Curriculum for Neonatal Intensive Care Nursing (AWHONN)) Minecraft Labyrinth : Math Activity Book and Coloring Book For Kids : Unique Labyrinths, Geometric Labyrinths and Math Labyrinths: (Unofficial ... (Unique Activity Book) (Volume 2) Ramadan and Fasting Activity Book (Discover Islam Sticker Activity Books) Amazing Minecraft Math: Cool Math Activity Book for Minecrafters (Minecraft Activity Books) (Volume 1) Occupation-Based Activity Analysis (Thomas, Occupation-Based Activity Analysis) Teen Health Course 1 (Physical Activity, chapter 5 Fast Files) Teaching Cues for Basic Sport Skills for Elementary and Middle School Students

[Dmca](#)