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Making Healthy Food Choices with a Healthy Plate
~~Part 2 of 3: Nutrition~~
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Eat, drink, and be healthy
Webinar: Curb your cravings
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2-10 Making Healthful Choices
At the top of the screen, click on New Plate to return to Rate Your Plate. Now you try it. 1) Choose a breakfast. Click on: Rate My Plate (at the bottom of the page). Click: 1. The Food Guide Pyramid. Write the number of servings from each section of the Food Guide Pyramid. Then talk with your tutor about what is healthful and what

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Video Lesson 2: Setting Goals
Chapter 2: Vocabulary
Health skills: Specific tools and strategies that lead to better and more informed health choices.
Communication: Process through which you send messages to and

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Chapter 2. Lesson 2: Making Responsible decisions and setting goals . You can actively promote your well-being by making healthful choices and setting positive goals. Decisions, Goals, and Your Health . Achieving good health begins with making responsible decisions.

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L - Legal. P - Parental Approval. It can be used to evaluate decisions by. Identify three health skills and explain how they can have a positive impact on health. Communication - You share your ideas and feelings and listen to other express theirs. Refusal - You are able to say no to unhealthy behaviors.

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Making Healthful Choices - seapa.org Motivator Write a one or two line definition of self Page 2/8

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Making healthful choices. Chapter 2. ... When faced with a difficult choice, I list my options before going ahead and deciding. 7. Before making a decision, I try to anticipate the short and long term consequences. 8. I have thought about the life goals I hope to achieve. 9. I am aware of the short term goals I will need to reach on the road to ...

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Motivator Write a one or two line definition of self esteem...don't give me the book's...I want your own. Tell me what you think it is and how it effects your everyday life. Building Healthful Skills Concept 1: Developing good communication and building self esteem are health skills

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A health skill that involves using thoughtful processes to make healthful choices. analyzing influences. A health skill that involves taking the time to understand the factors that impact your health. ... Building Health Skills, Chapter 2 Lesson 2: Making Responsible Decisions and Setting Goals, Chapter 2 Lesson 3: Being a Health Literate ...

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Making Healthy Choices. 1-1 What Are Health and Wellness. 1-2 Identifying Health Risks. 1-3 Taking Responsibilities for Your Health. 1-1: What Are Health and Wellness Health is: Health is closely related to Quality of life. Health is an evolving term.

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