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Statement of Purpose

High School Health: Nutrition Unit

 In the world of ever-shrinking school budgets, health is a subject sometimes under fire since it is not a “tested” subject. However, findings by many respected medical associations point to a need for health curriculum in our schools. Among those findings are ones specifically about obesity. The Journal of the American Medical Association points to the fact that a significant increase in the obesity rate for our nation took place from 1980-2008; in fact, the year 2007-2008 saw a United States population with a third of its members being obese. (Curtin, Flegal, Carroll, & Ogden , 2010)

A well-implemented health curriculum will help to stop this alarming trend. It can provide information on all the possible causes of obesity, outside of genetic factors, such as lack of sleep, lack of exercise, certain medications, pregnancy, certain medical issues, and finally unhealthy eating habits. (Mayo Clinic Staff 2, 2011)The unhealthy eating habits of our nation in general are the focus of the nutrition unit. The items taught in it help the youth of America to make informed decisions about what they take in and why the decisions they make as teens can affect their health as they grow older. It will explain to them why being physically active is not enough to stay at a healthy weight the entirety of their lives. They will also lean about many of the side-effects that go along with obesity not normally thought of such as depression, social isolation, and shame. (Mayo Clinic Staff 1, 2011)

 Aside from the talk about calories and the effects of obesity, the nutrition unit will also teach the students what nutrients they should have in their diet and healthy sourced for those nutrients. They will learn that they all have different needs so it also helps to promote two ideals of our society, value of the learner as an individual and an appreciation of the differences found within our present-day society. With all of the arenas of life nutrition education can touch, it easily explains why it is so important not just in the health curriculum a child receives, but in the education of them as human beings, period.

**References**

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