

Guideline 5: Health Education

Audio Descriptive Text

Title: Chapter 3. The School Health Guidelines to Promote Healthy Eating and Physical Activity; Guideline 5: Health Education. Image of report cover, School Health Guidelines to Promote Healthy Eating and Physical Activity. Image of Active Child icon.

Video Summary

- Guideline 5: Implement health education that provides students with the knowledge, attitudes, skills, and experiences needed for healthy eating and physical activity.
- Health education can increase engagement of healthy behaviors in youth and should be required for students in prekindergarten through grade 12.
- Instruction should address healthy eating, physical activity, inactivity, and healthy weight maintenance.

Audio Script

Guideline 5: Implement health education that provides students with the knowledge, attitudes, skills, and experiences needed for healthy eating and physical activity.

Health education can increase the likelihood that students engage in healthy behaviors and avoid or reduce health risks to become successful learners and productive adults.

The schools should require health education for students in pre-kindergarten through grade 12. Instruction should address healthy eating, physical activity, inactivity (such as television watching), and healthy weight maintenance.

It is recommended that health education:

- Be culturally appropriate for all students
- Have a clear set of behavioral outcomes
- Be based on national standards
- Follow a planned progression in health lessons that are appropriate for the age, growth, and development of students
- Be consistent with scientific evidence and effectiveness