



Alliance  
for a  
**Healthier  
Generation**

American Heart  
Association



[www.HealthierGeneration.org](http://www.HealthierGeneration.org)  
1-888-KID-HLTH

## Health Education Activities

### Why It Is Critical to Teach Health Education in Miami Dade High Schools

Health education is critically important to help high school students make healthy behavior choices that impact their ability to learn and to lead productive lives. Participants will have the opportunity to discuss ways they are maintaining their health education classes in Miami Dade high schools and share teaching strategies they use to engage and excite students. This session will provide an overview of the Alliance for a Healthier Generation and the criteria for health education at the high school level. Health education curriculum and classroom resources that are available will be presented.

**Activity:** Determine status of health education using the Alliance criteria and communicate with the school Wellness Council/Committee. Take one step to advocate for health education in your school. If eligible, complete the form requesting the free FUEL modules.

### Teaching Health Education in Elementary Schools: Are You Hitting the Mark?

This session will provide an overview of the Alliance for a Healthier Generation and the criteria for health education at the elementary level. Resources for teaching health education and suggestions for lessons will be discussed. Don't miss the opportunity to hear about ways to fit health education into your busy school day.

**Activity:** Compile 2-3 health education lessons that include teaching strategies and student assessments. Indicate the health behaviors that your lessons are addressing. Include suggestions for integrating other subjects into the health education lessons. Share the lessons with at least one other teacher.



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## Meeting the Challenge of Teaching Health Education in the Middle School

Health education is generally taught through science and social studies in Miami Dade middle schools. This session will provide an overview of the Alliance for a Healthier Generation and the criteria for health education at the middle school level. Ways to integrate health education into your curriculum, classroom resources, and teaching ideas will be shared. Don't miss the opportunity to hear from your peers how they meet the challenge of fitting important health lessons into their science and social studies curriculum.

**Activity:** Determine status of health education using the Alliance criteria and communicate with the school Wellness Council/Committee. Share one health education teaching idea or resource that you used in your classroom with at least one other teacher. If eligible, complete the form requesting the free FUEL and/or HEALTH EDCO Nutrition modules.



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