

Student _____ Period _____

Unit 7: Body Image Grade 8

- 1 I've heard of this but I'm not sure what it means.
- 2 I know this.
- 3 I could use this to solve a problem myself.
- 4 I could teach this to a classmate.

Confidence Levels Before		Confidence Level After
1 2 3 4	I can explain the importance of maintaining a healthy weight.	1 2 3 4
1 2 3 4	I can calculate my BMI.	1 2 3 4
1 2 3 4	I can compare and contrast self-esteem and self-image.	1 2 3 4
1 2 3 4	I can explain the relationship between body-image and self-esteem.	1 2 3 4
1 2 3 4	I can identify an appropriate weight range for my height and age.	1 2 3 4
1 2 3 4	I can discuss and understand the relationship between daily activity, calorie intake, heredity and my growth and development.	1 2 3 4
1 2 3 4	I can reflect on the importance of my attitude toward my body image.	1 2 3 4
1 2 3 4	I can explain what an eating disorder is and can identify two types of eating disorders.	1 2 3 4
1 2 3 4	I can explain how choosing fitness activities much like food choices are influenced by a variety of factors.	1 2 3 4
1 2 3 4	I can use the vocabulary from this unit to	1 2 3 4

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	describe what I have learned.	
1 2 3 4	I can use the vocabulary from this unit to describe what I have learned.	1 2 3 4