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## Foundations of Health – Week 1 Notes (Ages 14–18)

**Theme:** *What Is Health? Exploring the Pillars of Well-Being*

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### 1. What Is Health?

- Health is more than just **avoiding illness**.
  - Being healthy = **feeling good, learning better, playing harder, achieving goals**.
  - “Healthy enough” means different things for different people.
  - Think about: **What does health LOOK like? What does it FEEL like?**
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### 2. Pillars of Health

- Physical activity
  - Nutrition
  - Rest & sleep
  - Mental/emotional well-being
  - Social connection
  - Environment & nature
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### 3. Health Myths & Misinformation

- Be careful with marketing claims.
  - *Example:* Ancel Keys’ fat/heart disease theory had flaws (biased data, omitted countries).
  - Food guidelines have changed: **Food Pyramid → MyPlate**.
  - Always ask: “*What is the source of this information?*”
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### 4. Fun Facts

- Brain develops until mid-20s (especially decision-making areas).

# HEALTHY KIDS Academy

- Only **43% of your body's cells are human**; the rest are microbes.
  - **90% of peak bone mass** is built by age 18–20.
  - Most mammals get **~1 billion heartbeats** in a lifetime.
  - Your body is **60–70% water**.
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## 5. Health Choices & Consequences

- Choices affect **short-term performance AND long-term health**.
  - Examples: hydration, sleep, nutrition, social habits.
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## 6. Conscious Eating & the Omnivore's Dilemma

- Eat with awareness — think critically about food marketing.
  - Identify real food sources: coffee, annatto, dates, Brazil nuts, cacao.
  - **Nutrient density** matters — some foods pack more nutrition per bite.
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## 7. Key Takeaways

- Plan for lifelong health.
  - Be discerning — don't believe everything on TV or social media.
  - Your daily choices create your future health.
  - There's always more to learn.
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## Homework

- Start a **health journal**.
- List your personal **pillars of health**.
- Track your **bedtime/wake time** for 1 week.
- Write your **health goals**.
- Complete **Self-Reflection & Pre-Assessment quizzes**
- Complete the **Circle of Health** radar plot (print out and do by hand)