

Nutrition and Wellness A Digital Resources

Unit 1 Health, Nutrition, and Wellness

Lesson 1: https://www.youtube.com/watch?v=2NR4_5dt7JA

Lesson 2: <https://www.youtube.com/watch?v=nHTZZTcB9v0>

Lesson 3: <https://www.youtube.com/watch?v=lerpWQjGZ8o>

Lesson 4: https://www.youtube.com/watch?v=z_3S2_41_FE

<https://www.youtube.com/watch?v=X8G1YkurALI>

Lesson 5: <https://www.youtube.com/watch?v=c06dTj0v0sM>

Unit 2 Managing Your Food, Nutrition, and Health

Lesson 1: <https://www.youtube.com/watch?v=LAhb4vp-cEY>

Lesson 2: <https://www.youtube.com/watch?v=QDI mc5C8YSU>

Lesson 3: Material is found in the lesson.

Lesson 4: <https://www.youtube.com/watch?v=gjnQQm-EuF8>

<https://www.youtube.com/watch?v=PI5V1-IFvII>

Unit 3 You Are What You Eat: Healthy Meal Planning

Lesson 1: <https://www.youtube.com/watch?v=nBsJ-dy1FFU>

<https://www.youtube.com/watch?v=c06dTj0v0sM>

Lesson 2: https://www.youtube.com/watch?v=Gmh_xMMJ2Pw

<https://www.youtube.com/watch?v=r1OSDnCDoGQ>

Lesson 3: <https://www.youtube.com/watch?v=Bsm8s-uelvA>

Lesson 4: Material is found in the lesson.

Unit 4 Outside Influences

Lesson 1: Material is in the lesson.

Lesson 2: https://www.youtube.com/watch?v=a6_8zBcm7xk

<https://www.youtube.com/watch?v=EpGkCStiFmo>

Lesson 3: <https://www.youtube.com/watch?v=FDGGv7z5r2c>

Lesson 4: Material is found in the lesson.

Unit 5 Considering Food Safety

Lesson 1: Material is found in the lesson.

Lesson 2: <https://www.youtube.com/watch?v=gzsV-neH3SI>

<https://www.youtube.com/watch?v=l9oBGxmDq8Q>

<https://www.youtube.com/watch?v=q4BWZrxyTIs>

Lesson 3: <https://www.youtube.com/watch?v=WSD5qa5764Q>

<https://www.youtube.com/watch?v=SsL14YON49w>

Lesson 4: <https://www.youtube.com/watch?v=6IMA1VYSU9I>

<https://www.youtube.com/watch?v=IJhxJAPn-kE>

Unit 6 Health and Wellness Challenges

Lesson 1: Material is found in the lesson.

Lesson 2: <https://www.youtube.com/watch?v=HOBihz7gTkk>

https://www.youtube.com/watch?v=M_BTxxbVNI0

https://www.youtube.com/watch?v=n9ufvePom_4

Lesson 3: <https://www.youtube.com/watch?v=LHL-w8pAbVk>

Lesson 4: Material is found in the lesson.

Unit 7 Emotional Health

Lesson 1: <https://www.youtube.com/watch?v=DjVqnu611QI>

<https://www.youtube.com/watch?v=9AIZK0QSk8w>

Lesson 2: Material is found in the lesson.

Lesson 3: <https://www.youtube.com/watch?v=v-t1Z5-oPtU>

<https://www.youtube.com/watch?v=4KbSRXP0wik>

Lesson 4: <https://www.youtube.com/watch?v=hpCyyNqzIE>

<https://www.youtube.com/watch?v=ajLqOJrRLqI>

<https://www.youtube.com/watch?v=QJBEmHH-YG0>

Unit 8 Global Health and Wellness

Lesson 1: https://www.youtube.com/watch?v=j08ND3_PNgs

<https://www.youtube.com/watch?v=z0J2VELZ4RU>

<https://www.youtube.com/watch?v=kl6Nt8EpvSQ>

Lesson 2: <https://www.youtube.com/watch?v=8-LRWYt9-Nc>

<https://www.youtube.com/watch?v=A-jaRHrPAIk>

Lesson 3: <https://www.youtube.com/watch?v=KHqCF7fitDk>

https://www.youtube.com/watch?v=_x2kiE9XCLU

https://www.youtube.com/watch?v=_x2kiE9XCLU

Lesson 4: Material is found in the lesson.