Explore Health℠

National Health Education Standards addressed in

Explore Health℠

• Health Promotion and Disease Prevention
• Health Influences
• Health Information, Products and Services
• Using Communication Skills to Promote Health
• Reducing Health Risks
• Setting Goals for Good Health
• Health Advocacy

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BJC SCHOOL OUTREACH and YOUTH DEVELOPMENT

BJC HealthCare
Explore Health introduces students to nutrition and health concepts which empower them to establish behaviors that promote well-being.

Students learn how health choices made during adolescence impact future health. Students also discover the role family history and access to healthy food play in an individual’s health.

Explore Health includes four interactive sessions developed for grades 6-12 and taught by Registered Dietitian Nutritionists.

The program includes a pre- and post-test with the following topics:

- **MyPlate**
  Recognize health benefits provided by each food group.

- **Assessing Health**
  Identify tools used to assess health.

- **Food Label Reading**
  Learn how to read a food label and make informed decisions.

- **Media Literacy**
  Discover how advertisements impact the purchasing choices of consumers.

For more information, call the BJC School Outreach and Youth Development program line at **314-286-0460** or go to **bjcschooloutreach.org**.