**HCE 9**

**Healthy Living Unit**

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| I will be able to: | How I will show what I know: | Due Dates |
| Relate the characteristics of a healthy lifestyle to my ability to maximize personal potential | * “Characteristics of Physical and Emotional Health” Assignment * Proper Eating Habits Vs. Academic Performance Assignment |  |
| Analyse how healthy eating habits can support a healthy lifestyle | * Eating Habits Assignment * My Food Guide Assignment |  |