**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
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| Analyse how healthy eating habits can support a healthy lifestyle | * Eating Habits Assignment
* My Food Guide Assignment
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