Using Science to Make Food and Activity Decisions

In *Choice, Control & Change* you and your students learn science through studying our diet and activity choices. By investigating the question, *How can we use scientific evidence to help us maintain energy balance?*, students learn about how the human body works. They engage in hands-on investigations of food preference, our food environment, energy intake and expenditure — often called “dynamic equilibrium” of the human body — lifestyle-related diseases, and more. Students explore and analyze their personal food choices and they apply what they have learned to personal decisions related to their diet, physical activity, and overall health.

*Choice, Control & Change* is a curriculum appropriate for grades 6–8, available from National Gardening Association: 800-538-7476 or www.gardeningwithkids.org/11-3345.html