by the end of Grade 8

Standard 4 Knows how to maintain mental and emotional health.

1. Knows the various possible causes of conflict among youth in schools and communities, and strategies to manage conflict.
2. Knows strategies that improve or maintain family health (e.g., how one's personal behavior can affect the behavior and feelings of other family members).

Standard 6 Understands essential concepts about nutrition and diet.

1. Understands how eating properly can help to reduce health risks (in terms of anemia, dental health, osteoporosis, heart disease, cancer, malnutrition).
2. Knows appropriate methods to maintain, lose, or gain weight according to individual needs and scientific research.
3. Knows eating disorders that affect health adversely (e.g., anorexia, overeating, bulimia).

Standard 10 Understands the fundamental concepts of growth and development.

1. Understands a variety of physical, mental, emotional, and social changes that occur throughout life, and how these changes differ among individuals (e.g., young adulthood).
2. Knows strategies for coping with concerns related to the changes that occur during adolescence.
3. Knows strategies for coping with stress related to the changes that occur during adolescence.

Standard 12 Understands how knowledge and skills related to nutrition and food affect the well being of individuals, families, and society.

1. Understands basic nutritional needs and dietary practices (e.g., understands classifications, sources, and functions of nutrients; understands how nutritional needs vary throughout the life cycle and in relation to illness and disease).