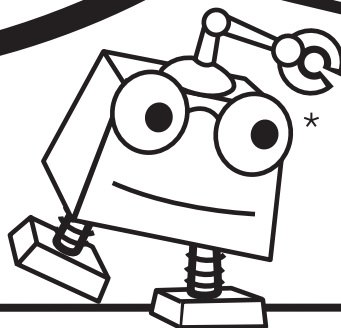




Adventures in learning, created  
by Canadian dietitians

## Grades 6-8 Curriculum Connections Self-esteem

MISSION NUTRITION®  
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### MISSION OBJECTIVES

### LEARNING EXPECTATIONS

### SUBJECTS

#### MISSION 1 - SELF-ESTEEM BOOSTERS

Students explore their many attributes as factors that can contribute to positive self-esteem.

1. Identify factors that contribute to developing positive self-esteem.
2. Identify ways to boost their self-esteem.

☆ Health  
☆ Language  
☆ Personal Development

#### MISSION 2 - GENDER INFLUENCES

Students explore and critically analyze how gender can influence self-esteem and body image.

1. Understand how gender can influence self-esteem and body image.
2. Appreciate that there is no one ideal body shape or size.
3. Identify positive attributes that are not gender or appearance related.

☆ Health  
☆ Language  
☆ Personal Development  
☆ History  
☆ Art

#### MISSION 3 - MEDIA AWARENESS

Students explore diversity and critically analyze unrealistic and unhealthy body images in the media.

1. Critically analyze unrealistic and unhealthy body images in the media.
2. Develop and express appreciation for diversity.

☆ Health  
☆ Personal Development  
☆ Language  
☆ Media  
☆ Literacy  
☆ Art