Health Plus

6th-8th grades; 9th-12th grades

Fee: $10.00 each student

This semester students will learn about the health benefits of many types of exercises as well as the importance of a balanced diet. Current news articles about health, exercise, and diet will be utilized to inform and encourage students to explore options that they may not have thought about trying before. Dietary information from this class will also be used in the Culinary Arts activities this semester whenever possible.