

HEALTH CURRICULUM SUMMARY

The purpose of Health Curriculum Summary is to present an overview of the Health curriculum. Parents are the intended audience of the Health Curriculum Summary.

Drugs, Alcohol, Tobacco	Personal Health
<ul style="list-style-type: none">• Effects of DAT on body systems<ul style="list-style-type: none">- Disease prevention	<ul style="list-style-type: none">• Environmental Factors<ul style="list-style-type: none">- Diseases (e.g.)<ul style="list-style-type: none">MRSASwine fluStaphLyme
Nutrition	Intentional & Unintentional Injuries
<ul style="list-style-type: none">• Dietary Guidelines<ul style="list-style-type: none">- Pyramid- Nutrients- Portions• Health Promotions & Disease Prevention<ul style="list-style-type: none">- Eating disorders- Diseases- Body image• Media influences on food choices and how it effects health	<ul style="list-style-type: none">• Safe practices and injury prevention: home/school/community• Emergency and long-term injury management

BOARD APPROVED 12/2009

**HEALTH
GRADE 7**