

**HEALTH EDUCATION CURRICULUM SUMMARY**

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

<b>Nutrition and Physical Activity</b>	<b>Drugs, Alcohol, Tobacco</b>
<ul style="list-style-type: none"> <li>• Analyze nutritional concepts that impact health                             <ul style="list-style-type: none"> <li>• Balanced diet – calories/day, # servings from each food group/day, serving size</li> <li>• Exercise and caloric intake</li> <li>• Foods and what specific nutrients they contain 10.1.6.C</li> </ul> </li> <li>• Recognize symptoms of poor nutrition: Lack of concentration, Tiredness 10.2.6.B</li> <li>• Products and Services                             <ul style="list-style-type: none"> <li>• Recognize effect that specific products and services have on nutritional choices. 10.2.6.C</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Decision Making Skills                             <ul style="list-style-type: none"> <li>• Refusal Skills</li> <li>• Goal Setting 10.2.6.D</li> </ul> </li> <li>• Advocacy</li> <li>• Media Influence (advertising strategies) 10.1.6.D</li> <li>• Read and follow labels and sources of information</li> <li>• Positive alternatives (to DAT use)</li> <li>• Positive Outcomes (to being DAT-free)</li> <li>• 10.2.6.C</li> </ul>
<b>Intentional and Unintentional Injuries</b>	<b>Personal Health / Family Life / Human Sexuality</b>
<ul style="list-style-type: none"> <li>• Know and apply appropriate emergency responses                             <ul style="list-style-type: none"> <li>• Basic First Aid</li> <li>• Heimlich maneuver</li> <li>• Universal precautions 10.3.6.B</li> </ul> </li> <li>• Safe Practices ...                             <ul style="list-style-type: none"> <li>• Bullying 10.3.6.A</li> </ul> </li> <li>• Negotiation 10.3.6.C</li> </ul>	<ul style="list-style-type: none"> <li>• Communicable diseases                             <ul style="list-style-type: none"> <li>• HIV/AIDS, virus, head lice</li> <li>• Preventions, 10.1.6.E</li> </ul> </li> <li>• Mental / emotional wellness</li> <li>• Stress management</li> <li>• Personal health plans / goals 10.2.6.B</li> <li>• Talking with parents re: feelings</li> <li>• Immunizations, health examinations 10.2.6.A</li> <li>• Find reliable product information</li> <li>• Decision making</li> <li>• Refusal skills 10.2.6.D</li> <li>• Review male/female reproductive organs and functions 10.1.6.B</li> <li>• The changing body: pituitary gland, endocrine system and reproductive system 10.1.6.B</li> </ul>