

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.

Nutrition and Physical Activity	Drugs, Alcohol, Tobacco
<ul style="list-style-type: none"> • Analyze nutritional concepts that impact health <ul style="list-style-type: none"> ▪ Nutrient requirements ▪ Caloric content of foods ▪ Healthful food selection ▪ Label reading 10.1.6.C • Identify health problems that can occur from poor eating habits: Cancer, Diabetes, Cardiovascular disease • Prevention of health problems through good nutrition 10.1.6.C., 10.1.6.E 	<ul style="list-style-type: none"> • Influence factors (peer, media, social acceptance, stress) 10.1.6.D • Decision Making Skills <ul style="list-style-type: none"> ▪ Refusal Skills ▪ Goal Setting 10.2.6.D • Effects on Body Systems (circulatory and respiratory) 10.1.6.B • Relationship with diseases (cancer and cardiovascular) 10.1.6.E
Intentional and Unintentional Injuries	Personal Health / Family Life / Human Sexuality
<ul style="list-style-type: none"> • Safe Practices... <ul style="list-style-type: none"> ▪ Personal safety ▪ Communication 10.3.6.A • Manage Conflict <ul style="list-style-type: none"> ▪ Peer mediation ▪ Reflective listening 10.3.6.C • Safety during physical activity 10.3.6.D 	<ul style="list-style-type: none"> • Chronic Diseases: diabetes, cancer, heart disease • Healthy Lifestyle: Diet, proper weight, rest, sun, dental, avoid loud noises, vision, stress management • Difference between chronic and communicable diseases 10.1.6.E • Family and peer influences • School and community support 10.2.6.A • Sun exposure – skin cancer 10.2.6.B • Decision-making • Refusal skills 10.1.6.D • Male / female reproductive organs and functions, pituitary gland 10.1.6.B • Physical/emotional changes during puberty 10.1.6.A