

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.

<p>10.1.3B Identify and know the location and function of the major body organs and systems</p>	<p>• 10.1.3.C Explain the role of the food guide pyramid in helping people eat a healthy diet.</p>
<ul style="list-style-type: none"> ▪ circulatory ▪ respiratory ▪ digestive ▪ muscular ▪ skeletal • Identify location and function of major body systems and impact of a healthy diet on the body. 	<ul style="list-style-type: none"> ▪ Food groups ▪ Number of servings ▪ Variety of food ▪ Nutrients • Explain the role of food groups in making healthy food choices. • Explain the role of serving sizes in planning healthy meals. • Explain the role of a variety of foods in planning healthy meals. • Explain the role of nutrients (6) in promoting health.
<p>10.2.3.C Identify media sources that influence health and safety.</p>	<p>10.2.3.D Identify the steps in a decision-making process.</p>
<ul style="list-style-type: none"> • Identify the influence of the media on food and beverage selection in a variety of settings. 	<ul style="list-style-type: none"> • Identify steps in making decision related to food and beverage choices at home and in a variety of settings.
<p>10.3.3.D Identify and use safe practices in physical activity settings (e.g. proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool down)</p>	
<ul style="list-style-type: none"> • Identify and use safe practices in physical activity. • Demonstrate the ability to use safe practices during physical activity. 	