

## 1/2 Health

### **Content Standards:**

Students will:

- Know how to establish and maintain physical, social, and mental/emotional health
- Know how to prevent injury and disease
- Understand basic principles of human growth and development
- Know how to establish and maintain substance-free lifestyles

<b>Benchmark</b>	<b>Topic</b>
<ol style="list-style-type: none"> <li>1. Identify sources of food.</li> <li>2. Identify the food groups from the Food Pyramid and classify the appropriate food groups.</li> <li>3. Recognize that foods provide nutrients to keep bodies healthy.</li> <li>4. Recognize and eat a variety of foods for good health.</li> <li>5. Identify foods that are needed to help our bodies grow and stay healthy.</li> <li>6. Identify why regular physical activity is important.</li> <li>7. Discuss and explain the various foods we eat and why.</li> </ol>	<p><b>Food and Nutrition</b></p>

<b>Benchmark</b>	<b>Topic</b>
<ol style="list-style-type: none"> <li>1. Describe ways to be safe in different situations with strangers and others at home and school.</li> <li>2. Identify people in the home, school, or community who can assist in case of an accident or injury.</li> <li>3. Explain the difference between an accident and an injury.</li> <li>4. Identify and explain the difference between appropriate and inappropriate touch and behavior (nurse, social worker).</li> <li>5. List trusted adults with whom one could discuss concerns or questions regarding inappropriate touch or uncomfortable behavior (nurse).</li> <li>6. Identify when it is appropriate to tell a trusted adult when peers behave in ways that may be harmful to them.</li> <li>7. Identify what a bully is and how to deal with the problem (health teacher, nurse, psychologist).</li> </ol>	<p><b>Personal Safety</b></p>

Benchmark	Topic
<ol style="list-style-type: none"> <li>1. Identify and practice behaviors that promote good personal hygiene.</li> <li>2. Identify choices and practice behaviors that promote wellness, such as washing the hands.</li> <li>3. Identify ways to prevent the spread of germs.</li> </ol>	<p><b>Personal Hygiene</b></p>

	Topic
<ol style="list-style-type: none"> <li>1. Identify and practice positive strategies for interacting with others to resolve conflicts.</li> <li>2. Identify and practice ways to assertively say No in personal safety situations.</li> <li>3. Identify and demonstrate positive ways to show care, consideration and concern for self and others.</li> <li>4. Identify people who could provide appropriate information to help with tough situations.</li> <li>5. Identify ways to meet new students and get along with others.</li> </ol>	<p><b>Communication and Conflict Resolution</b></p>

**Benchmark**

**Topic**

<ol style="list-style-type: none"><li>1. Identify alcohol, tobacco, and other substances that change behavior or affect body functions.</li><li>2. Identify risky situations.</li><li>3. Identify communication strategies used to avoid and solve problems.</li><li>4. Identify positive qualities in self and others.</li><li>5. Identify body parts affected by alcohol and tobacco use.</li><li>6. Identify drugs that are not harmful.</li><li>7. Understand that medicine is a drug and acceptable when used the right way.</li><li>8. Identify differences between medicinal and non-medicinal drug use.</li><li>9. Discuss benefits and correct use of medicines.</li><li>10. Identify risks of incorrect use of medicine.</li><li>11. Identify rules for taking medicine at school.</li><li>12. Know that nicotine is a drug.</li><li>13. Describe the harmful effects of tobacco.</li><li>14. Identify the risks of different types of tobacco.</li><li>15. Explain internal and external influences on tobacco use.</li><li>16. Describe ways to make a personal commitment not to use.</li><li>17. Describe ways to encourage others not to use.</li><li>18. Describe long-term benefits of not smoking.</li><li>19. Identify influences on individuals to use.</li><li>20. Demonstrate ways to say NO/refusal skills.</li></ol>	<p><b>Substance Abuse Prevention</b></p>
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Benchmark	Topic
<ol style="list-style-type: none"> <li>1. Discuss and explain the heart's function.</li> <li>2. Discuss and explain how healthy eating and exercise impact the heart's function.</li> <li>3. Identify the benefits of decreasing fat intake.</li> </ol>	<p style="text-align: center;"><b>Healthy and Active Life</b></p>

Benchmark	Topic
<ol style="list-style-type: none"> <li>1. Identify strategies to prevent fires.</li> <li>2. Explain escape plans for fire safety.</li> <li>3. Identify strategies to stay safe around electricity.</li> <li>4. Describe precautions to take when entering or being around water.</li> <li>5. Know the importance of adult supervision for water safety.</li> <li>6. Know rules for traffic safety.</li> <li>7. Know rules for bicycle safety.</li> <li>8. Identify poisons and describe how to avoid them.</li> <li>9. Explain what to do in a poison emergency.</li> <li>10. Explain the importance of recycling for environmental health.</li> <li>11. Identify bullying and explain ways to avoid and/or handle bullying situations.</li> </ol>	<p style="text-align: center;"><b>Injury and Disease Prevention</b></p>

**Benchmark**

**Topic**

<ol style="list-style-type: none"><li>1. Explain how to be a responsible family member.</li><li>2. Demonstrate ways to communicate respect for self and others.</li><li>3. Identify personal strengths and assets.</li><li>4. Identify characteristics of positive role models.</li><li>5. Identify feelings and how to deal with them.</li><li>6. Discuss positive ways to handle emotions, e.g. fear, anger, happiness, sadness.</li><li>7. Identify strategies to develop and maintain healthy friendships.</li><li>8. Explain and demonstrate the Core Ethical Values.</li></ol>	<p><b>Human Growth and Development</b></p>
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