

5/6 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

Benchmark	Topic
<ol style="list-style-type: none"> 1. Illustrate a food combination that provides a balanced daily meal including protein, fats and carbohydrates. 2. List the food groups in the food pyramid. 3. Read and interpret food labels when making food choices. 4. Identify components of a nutritious snack or meal. 5. Choose healthy foods that contain important nutrients. 6. Describe the importance of various nutrients. 7. Understand how advertising affects food choices. 	Nutrition

Benchmark	Topic
<ol style="list-style-type: none"> 1. Explain the importance of having a balanced mental and physical lifestyle. 2. Learn how to meditate and incorporate meditation and relaxation skills into everyday life. 3. Learn basic human anatomy and how the body works/responds to physical activity. 4. Describe how to stay safe and free from injuries before, during and after physical activity. 	Mental Health and Physical Activity

Benchmark	Topic
<ol style="list-style-type: none"> 1. List and describe cognitive, emotional and physical effects of drugs based on classification (stimulants, depressants, hallucinogens, narcotics) including alcohol, tobacco, marijuana, inhalants, and other drugs. 2. Critique alcohol and tobacco advertisements and explain how each advertisement is targeted at specific groups. 3. Practice decision-making, problem-solving and refusal skills in order to avoid alcohol, tobacco, and other non-medical drugs. 4. Define addiction and its relationship to adolescent development. 5. Identify and apply strategies to advocate for abstinence from alcohol, tobacco and other non-medical drugs. 	Drug and Alcohol Awareness

Benchmark	Topic
<ol style="list-style-type: none"> 1. Describe and define what behaviors communicate care, self-respect, respect of others, and apply those skills to appropriate situations related to human growth and development. 2. Identify the structure and function of the male and female anatomy as related to puberty and human reproduction. 3. Examine and discuss ways the media influence our thoughts and feelings regarding body image and healthy lifestyles. 	Growth and Development

Benchmark	Topic
<ol style="list-style-type: none"> 1. List and practice the steps in the decision-making model. 2. Use responsible decision-making to promote healthful behavior. 3. Identify causes, symptoms, and prevention strategies for a variety of non-communicable diseases (e.g. lung disease, heart disease and cancer). 4. Express and practice conflict resolution skills. 5. Demonstrate effective interpersonal skills (e.g. coping and refusal skills, negotiation, assertiveness, self-talk, and anger management). 6. Identify and demonstrate actions that show sensitivity and respect toward others. 7. Identify and demonstrate communication strategies/skills used to avoid alcohol, tobacco and other drugs (ATOD) in relating to peer pressure and the ability to access helping resources (assertiveness, refusal skills, and problem solving). 	<p>Personal Responsibility and Decision-Making</p>