

Health

6 - Understands essential concepts about nutrition and diet

Primary (Grades K-2)	Upper Elementary (Grades 3-5)	Middle School (Grades 6-8)
<p>K.1 The student will classify foods and food combinations according to the food groups.</p> <p style="padding-left: 40px;">K.1.1 Plan a well -balanced meal plan that covers all food groups.</p>	<p>3.1 The student will know the nutritional value of different foods.</p> <p style="padding-left: 40px;">3.1.1 Charting caloric intake over a typical week.</p> <p>3.2 The student will know healthy eating practices.</p> <p style="padding-left: 40px;">3.2.1 Eating a nutritious breakfast, eating a variety of foods, eating nutritious meals and snacks at regular intervals to satisfy individual energy and growth needs</p> <p>3.3 The student will know the factors that influence food choices.</p> <p style="padding-left: 40px;">3.3.1 Activity level, peers, culture, religion, advertising, time, age, health, money/economics, convenience, environment, status, personal experience.</p>	<p>6.1 The student will understand how eating properly can help to reduce health risks</p> <p style="padding-left: 40px;">6.1.1 Including anemia, dental health, osteoporosis, heart disease, cancer, and malnutrition.</p> <p>6.2 The student knows how positive health practices and appropriate health care can help to reduce health risks.</p> <p style="padding-left: 40px;">6.2.1 Includes good personal hygiene and good eating habits, health screenings, self-examinations</p> <p>6.3 The student will know strategies and skills that are used to attain personal health goals.</p> <p style="padding-left: 40px;">6.3.1 Including maintaining an exercise program, making healthy food choices</p>

Health

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Primary (Grades K-2)	Upper Elementary (Grades 3-5)	Middle School (Grades 6-8)
	<p>3.4 The student will know how food-preparation methods and food-handling practices affect the safety and nutrient quality of foods.</p> <p>3.4.1 Survey local restaurants for health department rating</p>	<p>6.4 The student will understand how changing information, abilities, priorities, and responsibilities influence personal health goals.</p> <p>6.4.1 Interview an accident victim who had to make accommodations for their disability</p> <p>6.5 The student will know how health is influenced by the interaction of body systems.</p> <p>6.5.1 Analyzing the immediate and long-term effects of personal health habits on body systems</p>

Health

7 - Knows how to maintain and promote personal health

Primary (Grades K-2)	Upper Elementary (Grades 3-5)	Middle School (Grades 6-8)
<p>K.1 The student will know basic personal hygiene habits required to maintain health.</p> <p style="padding-left: 40px;">K.1.1 Caring for teeth, gums, eyes, ears, nose, skin, hair, nails</p>	<p>3.1 The student will understand the influence of rest, food choices, exercise, sleep, and recreation on a person's well being.</p> <p style="padding-left: 40px;">3.1.1 Evaluate the accumulative effects of the above over a period of one week</p> <p>3.2 The student will know common health problems that should be detected and treated early.</p> <p style="padding-left: 40px;">3.2.1 Including skin cancer, osteoporosis</p> <p>3.3 The student will know behaviors that are safe, risky, or harmful to self and others.</p> <p style="padding-left: 40px;">3.3.1 Including smoking, drinking to excess, and water activities.</p> <p>3.4 The student will set a personal health goal and make progress toward its achievement.</p>	<p>6.1 The student will know personal health strengths and risks.</p> <p style="padding-left: 40px;">6.1.1 Results of a personal health assessment</p> <p>6.2 The student will know strategies to manage stress and feelings caused by disappointment, separation, or loss.</p> <p style="padding-left: 40px;">6.2.1 Talking over problems with others, understanding that feelings of isolation and depression will pass, examining the situation leading to the feelings</p> <p>6.3 The student will know characteristics and conditions associated with positive and earned self-esteem.</p>

Health

7 - Continued

Primary (Grades K-2)	Upper Elementary (Grades 3-5)	Middle School (Grades 6-8)
	<p style="text-align: center;">3.4.1 Individual conferences and small groups will share and support individualized personal health goals.</p> <p>3.5 The student will know that making health-related decisions and setting health goals sometimes requires asking for assistance.</p> <p style="text-align: center;">3.5.1 Students will be encouraged to seek the expertise of their parents, guardians or qualified school personnel in setting healthy goals.</p> <p>3.6 The student will know the basic structure and functions of the human body system.</p> <p style="text-align: center;">3.6.1 How they are interrelated; how they function to fight disease</p>	<p style="text-align: center;">6.3.1 Accomplish a noticeable improvement as nutrition and exercise principles are put into practice.</p> <p>6.4 The student will know appropriate ways to build and maintain positive relationships with peers, parents, and other adults.</p> <p style="text-align: center;">6.4.1 Interpersonal communication</p> <p>6.5 The student will understand the difference between safe and risky or harmful behaviors in relationships.</p> <p style="text-align: center;">6.5.1 Identifying behaviors that decrease the risk of becoming involved in potentially dangerous situations.</p>

Health

7- Continued

Primary (Grades K-2)	Upper Elementary (Grades 3-5)	Middle School (Grades 6-8)
		<p>6.6 The student will know techniques for seeking help and support through appropriate resources.</p> <p>6.6.1 Distinguishing health concerns they can manage from those which require professional care and know how they can access those professionals</p>

Health

8 - Knows essential concepts about the prevention and control of disease

Primary (Grades K-2)	Upper Elementary (Grades 3-5)	Middle School (Grades 6-8)
<p>K.1 The student will know the signs and symptoms of common illnesses.</p> <p style="padding-left: 40px;">K.1.1 Fever, rashes, coughs, congestion, wheezing</p>	<p>3.1 The student will know ways in which a person can prevent or reduce the risk of disease and disability.</p> <p style="padding-left: 40px;">3.1.1 Practicing good personal hygiene, making healthy food choices, acknowledging the importance of immunizations, cooperating in regular health screenings</p> <p>3.2 The student will know the benefits of early detection and treatment of diseases.</p> <p style="padding-left: 40px;">3.2.1 Recognizing symptoms of common illnesses</p> <p>3.3 The student will know the ways to maintain a functional level of health in the presence of disease or disability.</p>	<p>6.1 The student will understand how lifestyle, pathogens, family history, and other risk factors are related to the cause or prevention of disease and other health problems.</p> <p style="padding-left: 40px;">6.1.1 Practicing good personal hygiene to prevent the spread of disease</p> <p style="padding-left: 40px;">6.1.2 Cooperate in regular health screenings</p> <p style="padding-left: 40px;">6.1.3 Making a commitment to abstain from sexual activity</p> <p>6.2 The student will know communicable, chronic, and degenerative disease processes and the differences between them.</p> <p style="padding-left: 40px;">6.2.1 List and describe the above diseases</p>

Health

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Primary (Grades K-2)	Upper Elementary (Grades 3-5)	Middle School (Grades 6-8)
	<p>3.3.1 Cooperating with parents and health care providers, taking prescription or over-the-counter medicines properly, correctly interpreting instructions for taking medicines</p>	<p>6.3 The student will understand personal rights and responsibilities involved in the treatment of disease.</p> <p>6.3.1 Proper use of medication; the influence of family and culture on the treatment of disease</p>

Health

9 - Understands aspects of substance abuse

Primary (Grades K-2)	Upper Elementary (Grades 3-5)	Middle School (Grades 6-8)
<p>K.1 The student will know how to distinguish between helpful and harmful substances</p> <p style="padding-left: 40px;">K.1.1 Recognizing products that are harmful to their health</p>	<p>3.1 The student will differentiate between the use and misuse of prescription and nonprescription drugs.</p> <p style="padding-left: 40px;">3.1.1 Describing how to take prescription or over-the-counter medications properly under the direction of parents or health care providers</p> <p>3.2 The student will know influences that promote alcohol, tobacco, and other drug use.</p> <p style="padding-left: 40px;">3.2.1 Peer pressure, peer and adult modeling, advertising , overall availability, cost</p> <p>3.3 The student will recognize high-risk substance abuse situations that post an immediate threat to oneself or one’s friends or family as well as how and where to obtain help.</p> <p style="padding-left: 40px;">3.3.1 Drunk and drugged driving, violent arguments</p>	<p>6.1 The student will know conditons that may put people at higher risk for substance abuse problems.</p> <p style="padding-left: 40px;">6.1.1 Genetic inheritability, substance abuse in family, low frustration tolerance</p> <p>6.2 The student will know factors involved in the development of a drug dependency and the early, observable signs and symptoms.</p> <p style="padding-left: 40px;">6.2.1 Tolerance level, drug-seeking behavior, loss of control, denial</p> <p>6.3 The student will know the short- and long-term consequences of the use of alcohol, tobacco, and other drugs.</p>

Health

9 - Continued

Primary (Grades K-2)	Upper Elementary (Grades 3-5)	Middle School (Grades 6-8)
	<p>3.4 The student will know ways to avoid, recognize, and respond to negative social influences and pressure to use alcohol, tobacco, or other drugs.</p> <p>3.4.1 Refusal skills, self-control</p>	<p>6.3.1 Physical consequences such as shortness of breath, cirrhosis, lung cancer, emphysema; psychological consequences such as low self-esteem, paranoia, depression, apathy; social consequences such as crime, domestic violence, loss of friends</p> <p>6.4 The student will know public policy approaches to substance abuse control and prevention.</p> <p>6.4.1 Pricing and taxation, warning labels, regulation of advertising, restriction of alcohol consumption at sporting events</p> <p>6.5 The student will know community resources that are available to assist people with alcohol, tobacco and other drug problems.</p>

Health

9 - Continued

Primary (Grades K-2)	Upper Elementary (Grades 3-5)	Middle School (Grades 6-8)
		6.5.1 Identifying agencies which provide services and information

Health

10 - Understands the fundamental concepts of growth and development

Primary (Grades K-2)	Upper Elementary (Grades 3-5)	Middle School (Grades 6-8)
<p>K.1 The student will understand individual differences.</p> <p style="padding-left: 40px;">K.1.1 In terms of appearance and behavior</p> <p>K.2 The student will know the cycle of growth and development in humans from infancy to old age.</p> <p style="padding-left: 40px;">K.2.1 Describing how living things come from other living things and recognizing changes in life cycles</p>	<p>3.1 The student will know the changes that occur during puberty.</p> <p style="padding-left: 40px;">3.1.1 Physical changes such as sexual maturation, changes in voice, acne; emotional and social changes such as a growing sensitivity to peer influence, family tensions, mood swings, cognitive and intellectual development</p> <p>3.2 The student will know that the rate of change during puberty varies with each individual and that people vary widely in size, height, shape, and rate of maturation.</p> <p style="padding-left: 40px;">3.2.1 Recognizing problems associated with not having a realistic body image, including dieting and eating disorders</p>	<p>6.1 The student will understand how the human body changes as people age.</p> <p style="padding-left: 40px;">6.1.1 Muscles and joints become less flexible, bones and muscles lose mass, energy levels diminish, senses become less acute.</p> <p>6.2 The student will know the similarities and differences between male and female sexuality.</p> <p style="padding-left: 40px;">6.2.1 Identifying the structure and function of the male and female reproductive systems</p> <p style="padding-left: 40px;">6.2.2 Men are from Mars; Women are from Venus</p> <p style="padding-left: 40px;">6.2.3 Recognize the psychological difference/similarities between males and females</p>

Health

10 - Continued

Primary (Grades K-2)	Upper Elementary (Grades 3-5)	Middle School (Grades 6-8)
		<p>6.3 The student will know the appropriate methods to maintain, lose, or gain weight according to individual needs and scientific research.</p> <p>6.3.1 Dietary analysis</p> <p>6.4 The student will know eating disorders that affect health adversely.</p> <p>6.4.1 Anorexia, overeating, bulimia</p> <p>6.5 The student will know the principles of food safety involved with food storage and preparation.</p> <p>6.5.1 Proper refrigeration, hand washing, proper cooking and storage temperatures.</p>