STUDENT LEARNING GOALS
Generate and choose positive alternatives to risky behaviors
Use skills to resist peer pressure
Manage stress and anxiety
Relate health choices to alertness, feelings and performance
Exhibit a healthy lifestyle
Interpret health information
Promote good health

WEB LINKS: http://www.nat.uiuc.edu
http://www.foodsafety.gov/~fsg/fsgkids.html

KNOWLEDGE AND SKILLS
PERSONAL SAFETY
• List alternatives to gang-related behaviors and acts of violence
• Recognize harmful and risky behaviors
• Explain the benefits of stress management
• Develop strategies for coping with disappointment
• Explain factors that affect school success
• Describe the impact of difficult family situations
• Develop interpersonal relationships

PHYSICALLY ACTIVE AND HEALTHY LIFESTYLE
• Describe the effects of dietary habits on daily performance
• Explain the importance of participating in recreational and leisure activities
• Discuss strategies for avoiding drugs, alcohol, tobacco, and inhalants
• Describe the health benefits of regular physical activity and fitness
• Explain the impact of sleep and rest on physical and mental performance

COMMUNITY HEALTH AND WELLNESS
• Describe individual and community health as they relate to social and environmental factors
• Explore the financial resources in the community dedicated to benefiting health programs
• List the community’s support of health services and partnerships
• Describe the community’s support of recreational and leisure activities
• Implement appropriate health practices and behaviors
• Demonstrate appropriate methods of expressing opinions on health issues
• Describe the benefits of community service

INFORMATION ACCESS AND USE
Investigate and analyze various factors related to
• The types of advertising techniques used to influence adolescents’ decisions
• The validity of information from different resources
• Family practices and customs

CORE CONTENT CONNECTIONS
Mathematics Record for a one-week period the amount of sleep and success or struggles in classes or athletics. Determine the relationship between sleep and mental performance.

English Write a one-page paper explaining appropriate health practices and behaviors

Science Research and create a family tree that includes four generations of family health practices, customs and traditions

Social Studies Create a brochure that explains why one should reduce, reuse, and recycle
Resolving Conflicts

Identify negotiation as a method for resolving conflicts. Techniques for controlling anger, assertiveness, communication skills, decision-making skills. Negotiation and problem-solving skills can resolve conflicts.

Wellness Triangle

Social

Physical

Mental and Emotional

Health Benefits of Regular Physical Activity and Fitness

Walk 10,000 steps a day to increase physical activity.

Decision Making

CLARIFY decision to be made.

CONSIDER possible alternatives and consequences; collect additional information.

CHOOSE best alternative and take necessary action. Follow through.

Nutrition

Food Guide Pyramid

Fats, Oils, and Sweets

Use Sparingly

Milk, Yogurt, and Cheese Group
2-3 Servings

Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group
2-3 Servings

Vegetable Group
3-5 Servings

Fruit Group
2-4 Servings

Bread, Cereal, Rice, and Pasta Group
6-11 Servings

Source: Corel Gallery

Abdominal Digestive Organs

Source: MasterClips

Source: Click Art

Source: MasterClips