

Health 5
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Health Education Content Areas:

Community Health
Consumer Health
Environmental Health
Injury Prevention/Safety

Nutrition

Personal Health

Prevention/Control of Disease

Substance Use/Abuse

National Health Education Standards:

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Standard 2: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

Standard 3: Students will demonstrate the ability to access valid information and products and services to enhance health.

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Adolescent Risk Behaviors:

Tobacco Use
Poor Nutrition

Unit 1: (Two Weeks)

Health and Wellness

- A. Understanding Health and Wellness
 - 1. Health and Wellness Defined
 - 2. The Health Triangle
- B. Self-Inventory
- C. Setting a Health or Wellness goal
- D. Body Systems in Review:
 - 1. Skeletal and Muscular Systems
 - 2. Circulatory and Respiratory Systems
 - 3. Nervous System
 - 4. Digestive and Excretory Systems

Unit 2: (Two Weeks)

Personal Health

- A. 5-2-1-0=8 Program
 - 1. Food Plate/Food Groups
 - 2. Portion Distortion
 - 3. Reading Food Labels
 - 4. Food Safety/Illness
- B. Body Changes
 - 1. Endocrine System
 - 2. A Body Under Construction
 - 3. Personal Hygiene
 - 4. Boys Day/Girls Day

Unit 3: (Two Weeks)

Tobacco Prevention

- A. The Drug Triangle
- B. Tobacco Prevention
 - 1. Influences and choices/decisions around use/abuse
 - 2. Harmful Chemicals and their affect on the body
 - 3. Second hand, third hand and side stream smoke

4. The Surgeon Generals Warning
5. Advertising vs BADvertising

C. Chewing Tobacco

1. The Risks
2. The Sean Marsee Story
3. Spit Tobacco
4. Choosing to Be Tobacco Free