

Title: Health

Grade Level(s): 7th

Key Learning: Provide exposure to and evidence of the interaction between the physical, mental, emotional, and social components of a person’s health.

| Standards | Content (What the Student Will Know) | Performance (What the Student will Do) | Essential Questions | Activities |
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| | Body Systems | | | |
| 10.1.6 B | <ul style="list-style-type: none"> • Nervous • Muscular • Integumentary • Urinary • Endocrine • Reproductive • Immune | <ul style="list-style-type: none"> • List and describe the structure and function of the body system • Explain the interaction of each body system with the other systems of the body | <ul style="list-style-type: none"> • What is the primary and secondary function of the body system? • What are the main components of the body system? • How does the body system interact with other body systems to regulate normal function? • What are the potential health effects if the body system does not function properly? | <ul style="list-style-type: none"> • Central nervous system • Peripheral nervous system • Neurons • Sensory neurons • Motor neuron • Interneurons • Impulse • Receptor • Cerebrum • Cerebellum • Medulla • Stimulus • Reflex • Spinal cord • Brain stem • Synapse • Skeletal • Smooth • Cardiac • Tendons • Ligaments • Voluntary muscle • Involuntary muscle • Body temperature • Sweat • Epidermis • Pigment |

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| | | | | <ul style="list-style-type: none">• Melanin• Dermis• Hypodermis• Pores• Hair• Oil• Urinary tract• Kidneys• Ureters• Bladder• Cervix• Hypothalamus• Pituitary gland• Pineal gland• Thyroid gland• Thymus• Pancreas• Adrenal gland• Testes• Ovaries• Male• Seminal vesicle• Prostate gland• Bladder• Urethra• Epididymis• Vas deferens• Penis• Scrotum• Testicles• Female• Labia minora• Labia majora• Clitoris• Urethra• Vagina• Uterus |
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| | | | | <ul style="list-style-type: none"> • Fallopian tubes • Ovaries • Cervix • Mucus membrane • Tears • Saliva • Stomach acid • Phagocytes • Inflammatory response • Non-specific response • Lymph • Lymph nodes • Lymphocytes • Antigen • B-cells • T-cells • Natural killer t-cell |
| | Nutrition | | | |
| 10.1.6 C 10.1.6 E 10.2.6 B | <ul style="list-style-type: none"> • Calories | <ul style="list-style-type: none"> • Definition of a calorie • Understand the caloric density of each nutrient | <ul style="list-style-type: none"> • What is a calorie? • What is caloric density of each of the six essential nutrients? | <ul style="list-style-type: none"> • Calorie • Density • Gram • Nutrient |
| | <ul style="list-style-type: none"> • Nutrient requirements | <ul style="list-style-type: none"> • List and describe the six essential nutrients • Describe foods where the six essential nutrients can be found. | <ul style="list-style-type: none"> • What are the six essential nutrients? • What is the role and function of each of the six essential nutrients? • What are good food sources for the essential nutrients? | <ul style="list-style-type: none"> • Fat • Carbohydrates • Protein • Vitamins • Minerals • Water |
| | <ul style="list-style-type: none"> • Nutrition labeling | <ul style="list-style-type: none"> • Understand the items listed on a nutrition fact label • Determine caloric intake based upon the quantity of an item consumed | <ul style="list-style-type: none"> • What information can be found on a Nutrition Fact label? • Why is it important to be able to read food label? | <ul style="list-style-type: none"> • Food label • Serving • % Daily Value • Saturated Fat • Unsaturated Fat • Trans Fat • Fiber |

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| | | | <ul style="list-style-type: none"> Sodium Cholesterol | |
| | <ul style="list-style-type: none"> Healthy food selection | <ul style="list-style-type: none"> Identify nutrient-dense food items Understand healthy food options based upon personal preferences Describe the role a healthy diet plays in maintaining a healthy weight | <ul style="list-style-type: none"> How should a daily meal plan be structured to ensure essential nutrients are being consumed? How can a diet be adapted based upon personal preferences? What impact does food and meal selection play in weight management? | <ul style="list-style-type: none"> Nutrient Vitamin Mineral Calorie |
| | <ul style="list-style-type: none"> Food and exercise | <ul style="list-style-type: none"> Identify how participation in exercise changes the nutritional demands for an individual | <ul style="list-style-type: none"> How does a person's activity level impact recommended caloric intake? | <ul style="list-style-type: none"> Active lifestyle Moderate intensity activity Vigorous intensity activity |
| | Substance Use | | | |
| 10.1.6 D 10.2.6 C 10.2.9 B | <ul style="list-style-type: none"> Peer Influence | <ul style="list-style-type: none"> Identify potential settings and location peer influence for substance use can occur. Determine what peer influence looks like. | <ul style="list-style-type: none"> What environments are you most likely to encounter peer influence to use a substance? What does peer influence look like when it comes to substance use? | <ul style="list-style-type: none"> Peer pressure Refusal skill |
| | <ul style="list-style-type: none"> Stress | <ul style="list-style-type: none"> Understand the role stress plays in the decision-making process for substance use. | <ul style="list-style-type: none"> How does stress impact a person's choice to use various substances? | <ul style="list-style-type: none"> Eustress Distress Anxiety |
| | <ul style="list-style-type: none"> Tobacco Products | <ul style="list-style-type: none"> Analyze the relationship between health-related information and choices adolescents make regarding tobacco products. | <ul style="list-style-type: none"> What message is being delivered in mainstream media regarding tobacco use and its effects? How do your choices regarding tobacco use impact your overall health? | <ul style="list-style-type: none"> Tobacco Nicotine Stimulant Lung cancer Emphysema E-cigarette Vape |
| | <ul style="list-style-type: none"> Rules, regulations, and laws | <ul style="list-style-type: none"> Understand the rules and repercussions regarding various substances | <ul style="list-style-type: none"> What are the rules, regulations, and laws | <ul style="list-style-type: none"> Expulsion Summary offense |

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| | | | regarding the use of various substances? | <ul style="list-style-type: none"> • Misdemeanor • Felony • Narcotic schedule • Over-the-counter medication • Prescription medication • Herbal supplement • Illicit substance • Controlled substance |
| | <i>Diseases and Prevention</i> | | | |
| 10.1.6 E 10.2.6 A 10.2.6 B | <ul style="list-style-type: none"> • Communicable Disease and Infection | <ul style="list-style-type: none"> • Describe how a communicable disease is contracted. • Explain how the spread of a communicable disease can be prevented. | <ul style="list-style-type: none"> • How does a disease pass from one living organism to another or through the environment? • What are prevention methods to avoid spreading or contracting a communicable disease? | <ul style="list-style-type: none"> • Pathogen • Antigen • Communicable disease • Transmission • Antibodies • Virus • Bacteria • Fungi • Protozoa • Parasite |
| | <ul style="list-style-type: none"> • Non-communicable Disease | <ul style="list-style-type: none"> • Explain how a non-communicable disease develops. • Understand preventative measures for reducing the risk of a non-communicable disease. | <ul style="list-style-type: none"> • How does a non-communicable disease develop? • How can you prevent a non-communicable disease if it is not contracted? | <ul style="list-style-type: none"> • Non-communicable disease • Tumor • Cancer • Benign • Malignant • Allergy • Autoimmune disorder • Heart disease |
| | <ul style="list-style-type: none"> • Preventative Methods • Immunizations • Health examinations • Limiting sun exposure • Physical activity • Diet | <ul style="list-style-type: none"> • Describe the role preventative methods play in reducing the risk of developing or contracting a disease. | <ul style="list-style-type: none"> • What options exist to reduce the likelihood of developing or contracting a disease? | <ul style="list-style-type: none"> • Immunity • Active immunity • Passive immunity • Immunization • Vaccine • Physical examination |

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| | <ul style="list-style-type: none"> • Abstinence | | | <ul style="list-style-type: none"> • Ultraviolet radiation • Abstinence |
| | Environmental Health | | | |
| 10.2.6 E | <ul style="list-style-type: none"> • Indoor Air Quality • Radiation • Exposure to pollutants | <ul style="list-style-type: none"> • List and describe factors in a person's environment that can impact their health? | <ul style="list-style-type: none"> • What risk factors exist in the environment that can negatively impact a person's health? • How do lifestyle behaviors impact a person's well-being in a particular environment? | <ul style="list-style-type: none"> • Carcinogen • Pollution • Smog • Air Quality Index • Second-hand smoke • Radiation • Ultraviolet radiation (UVA and UVB) • SPF • UPF |
| | <ul style="list-style-type: none"> • Natural disasters | <ul style="list-style-type: none"> • Explain emergency procedures to react to a natural disaster. | <ul style="list-style-type: none"> • What basic survival skills can be implemented to maintain well-being in times of natural disaster? | <ul style="list-style-type: none"> • Advisory • Watch • Warning |
| | Safety and Injury Prevention | | | |
| 10.2.6 D 10.3.6 A 10.3.6 B 10.3.6 D | <ul style="list-style-type: none"> • Basic First-Aid | <ul style="list-style-type: none"> • Understand the importance of basic first-aid skills. • Demonstrate basic first-aid skills. • Demonstrate proper chest compression technique. | <ul style="list-style-type: none"> • What is the importance of implementing basic first-aid skills when necessary? • What are the techniques for various first-aid skills? • How do chest compressions provide support in | <ul style="list-style-type: none"> • Shock • Concussion • Heat stroke • Frostbite • Hypothermia • Arterial bleeding • Splint • Sling • Fainting • Abrasion • Puncture • Laceration • Avulsion • Burn |
| | <ul style="list-style-type: none"> • Safety during physical activity | <ul style="list-style-type: none"> • Observe personal space while in movement and exercise. | <ul style="list-style-type: none"> • Does can maintaining personal space reduce the likelihood of injury while at work or play? | <ul style="list-style-type: none"> • Warm-up • Cool-down • Overload principle • Intensity level |

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| | | <ul style="list-style-type: none"> Understand the importance of body control during movement and exercise. | <ul style="list-style-type: none"> What is the importance of body control while participating in individual and group activity? | <ul style="list-style-type: none"> Temperature Spatial awareness Personal space Body awareness |
| | <ul style="list-style-type: none"> Personal Health Risk Factors | <ul style="list-style-type: none"> Identify the warning signs of intentional injury, self-harm and suicide. Identify available resources in the event of contemplating self-harm or suicide or if there is reasonable belief another is contemplating self-harm or suicide. | <ul style="list-style-type: none"> What are the risks factors and warning signs of intentional injury, self-harm and suicide? What resources are available for those who are or know of another personal who is contemplating intentional injury, self-harm or suicide? | <ul style="list-style-type: none"> Intentional injuries Self-harm Suicide |
| | Conflict Resolution | | | |
| 10.3.6 C | <ul style="list-style-type: none"> Active Listening | <ul style="list-style-type: none"> Understand the difference between hearing and listening. Demonstrate the steps for the active listening process. | <ul style="list-style-type: none"> What is the difference in hearing and listening? How does following the steps for active listening improve your understanding of a situation? | <ul style="list-style-type: none"> Non-verbal communication Eye contact Summarize Paraphrase Body language Conflict |
| | <ul style="list-style-type: none"> Resolution Techniques | <ul style="list-style-type: none"> Understand various resolution techniques appropriate for different conflict settings. | <ul style="list-style-type: none"> What are the steps in a conflict resolution process? | <ul style="list-style-type: none"> I-statement Peer mediation |