

Curriculum

CONTENT AREA:	HEALTH	GRADE LEVEL:	7
MLR CONTENT STANDARD:	A. HEALTH CONCEPTS: Students will understand health promotion and disease prevention concepts.		
MANDATED COMPREHENSIVE SCHOOL HEALTH EDUCATION CONTENT AREAS			
(1) Nutrition Ed. (2) Personal Health	(3) Family Life Education (4) Growth & Development	(5) Safety & Accident Prevention (6) Consumer Health	(7) Substance Use & Abuse (8) Community Health
		(9) Environmental Health (10) Prevention & Control of Disease & Disorders	
MLR PERFORMANCE INDICATORS	WSD BENCHMARKS	INSTRUCTION LEVEL	CONTENT AREA
			COMMON ASSESSMENT
<i>Instruction Levels: I = Introduced; R = Reinforced; E = Evaluated through a Documented Classroom Activity; D = District Common Assessment</i>			
A1	Explain the relationship between healthy behaviors & prevention of injury, illness, & disease	R	(1) (2) (10)
A3	Identify a comprehensive list of the potential negative health effects that occur to the human body as the result of poor nutrition	I/E	(1)
A4	Describe how health is influenced by the interaction of human body systems (respiratory/circulatory)	I/E	(2) (4)
A6	List three appropriate health care strategies that prevent premature death and disability	R/E	(2)

*Codes indicate the highest instructional level of that grade level and may include an earlier level of instruction.

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MLR CONTENT STANDARD:	B. HEALTH INFORMATION, SERVICES, AND PRODUCTS: Students will know how to acquire valid information about health issues, services, and products.			
MANDATED COMPREHENSIVE SCHOOL HEALTH EDUCATION CONTENT AREAS				
(1) Nutrition Ed. (3) Family Life Education (5) Safety & Accident Prevention (7) Substance Use & Abuse (9) Environmental Health (2) Pers. Health (4) Growth & Development (6) Consumer Health (8) Community Health (10) Prevention & Control of Disease & Disorders				
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B1	Calculate the financial advantage of purchasing generic over-the-counter products versus brand name products	I/R	(6)	
B2	List three sources that provide valid health information and services	R	(6)	

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MLR CONTENT STANDARD:	C. HEALTH PROMOTION AND RISK REDUCTION: Students will understand how to reduce their health risks through the practice of healthy behaviors.				
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C3	Measure the amount of unhealthy calories in fast food	R/E	(1)		
C4	List helpful strategies for losing and gaining weight	R	(1) (2)		

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MLR CONTENT STANDARD:	D. INFLUENCES ON HEALTH: Students will understand how media techniques, cultural perspectives, technology, peers, and family influence behaviors that affect health.				
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D1	Identify how cultural beliefs influence diet	I	(1)		

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MLR CONTENT STANDARD:	E. COMMUNICATION SKILLS: Students will understand that skillful communication can contribute to better health for them, their families, and the community.														
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<table border="0" style="width: 100%;"> <tr> <td>(1) Nutrition Ed.</td> <td>(3) Family Life Education</td> <td>(5) Safety & Accident Prevention</td> <td>(7) Substance Use & Abuse</td> <td>(9) Environmental Health</td> </tr> <tr> <td>(2) Pers. Health</td> <td>(4) Growth & Development</td> <td>(6) Consumer Health</td> <td>(8) Community Health</td> <td>(10) Prevention & Control of Disease & Disorders</td> </tr> </table>						(1) Nutrition Ed.	(3) Family Life Education	(5) Safety & Accident Prevention	(7) Substance Use & Abuse	(9) Environmental Health	(2) Pers. Health	(4) Growth & Development	(6) Consumer Health	(8) Community Health	(10) Prevention & Control of Disease & Disorders
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CONTENT AREA:	HEALTH	GRADE LEVEL:	7
MLR CONTENT STANDARD:	F. DECISION-MAKING AND GOAL SETTING: Students will learn how to set personal goals and make decisions that lead to better health.		
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(1) Nutrition Ed. (2) Pers. Health	(3) Family Life Education (4) Growth & Development	(5) Safety & Accident Prevention (6) Consumer Health	(7) Substance Use & Abuse (8) Community Health
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F4	Explain in writing how food choices are influenced by changing information (diabetes lesson)	R	(1) (6)

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