

HEALTHFUL LIVING

MENTAL AND EMOTIONAL HEALTH

1. Understand positive stress management strategies.



1. Explain how self-control is a valuable tool in avoiding health risks.
2. Classify stress as preventable or manageable.

2. Understand the relationship between healthy expression of emotions, mental health, and healthy behavior.

1. Identify common sources for feelings of grief or loss.
2. Summarize how to seek sources for assistance with feelings of grief or loss.



PERSONAL AND CONSUMER HEALTH

1. Understand wellness, disease prevention, and recognition of symptoms.



1. Classify behaviors in terms of whether they are related to physical, social, mental, and emotional health.
2. Classify behaviors in terms of whether they do or do not contribute to healthy living.

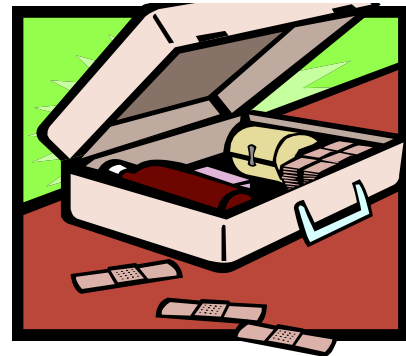
2. Apply measures for cleanliness and disease prevention.



1. Recognize plaque and lack of dental hygiene result in gum disease and cavities.
2. Implement proper flossing to prevent tooth decay and gum disease.

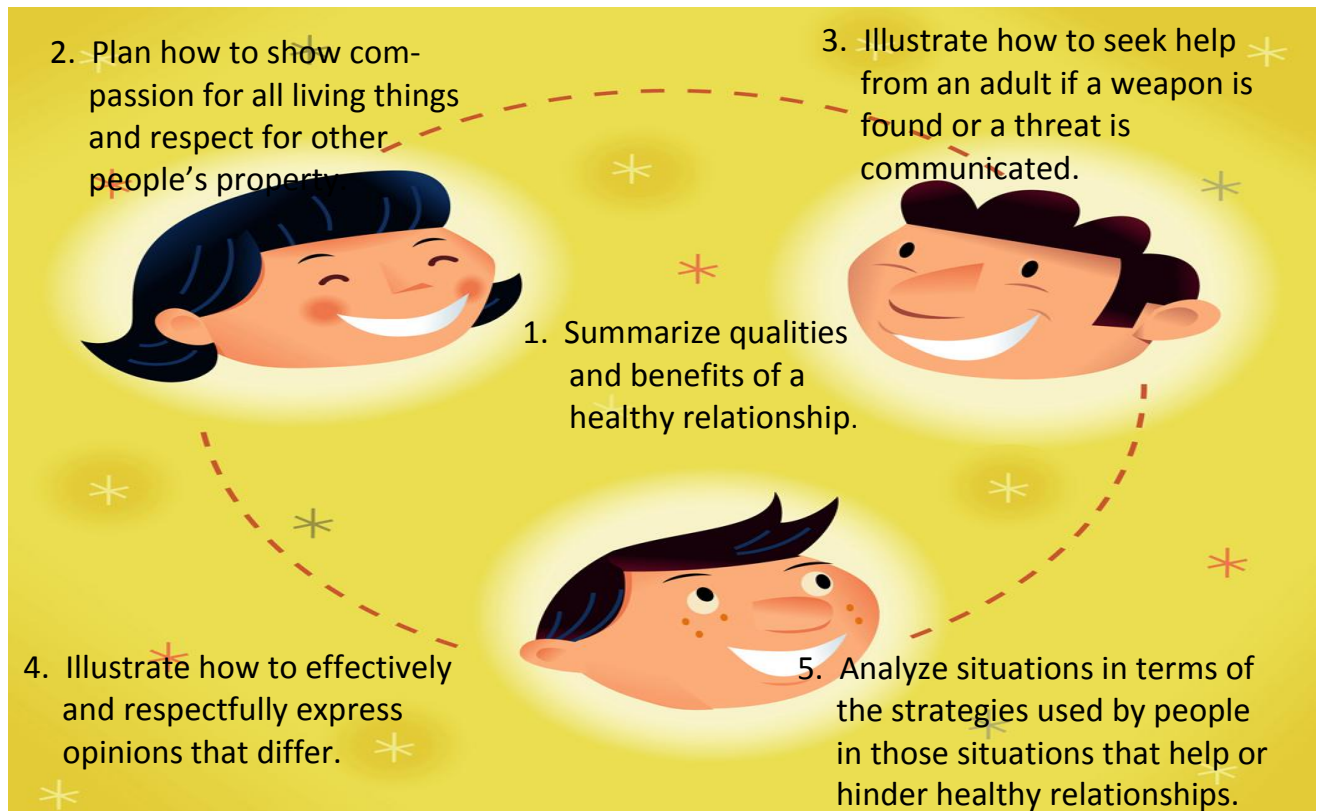
3. Understand necessary steps to prevent and respond to unintentional injury.

1. Use methods for prevention of common unintentional injuries.
2. Summarize methods that increase and reduce injuries in and around water.
3. Summarize the dangers of weapons and how to seek help if a weapon or firearm is found.
4. Implement a plan to escape fire at home while avoiding smoke inhalation.



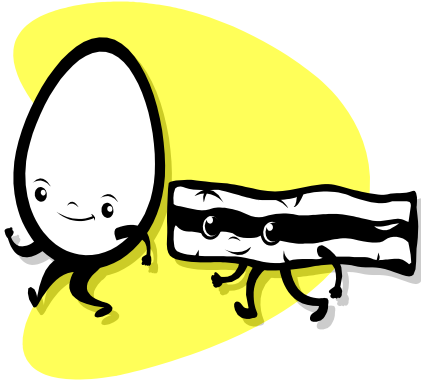
INTERPERSONAL COMMUNICATION AND RELATIONSHIPS

1. Understand healthy and effective interpersonal communication and relationships.



NUTRITION AND PHYSICAL ACTIVITY

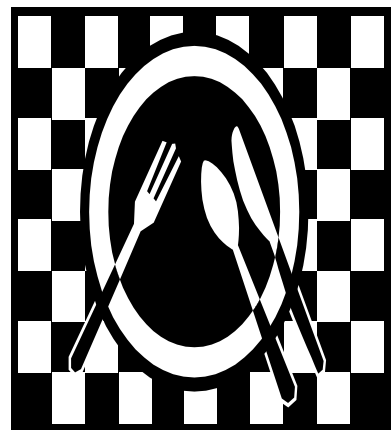
1. Apply tools (MyPlate, Food Fact Label) to plan healthy nutrition and fitness.



1. Use MyPlate to eat a nutritious breakfast each morning.
2. Check the Food Facts Label to determine foods that are low in sugar and high in calcium.
3. Plan activities for fitness and recreation during out-of-school hours.

2. Understand the importance of consuming a variety of nutrient dense foods and beverages in moderation.

1. Identify the sources of a variety of foods.
2. Categorize beverages that are more nutrient dense.
3. Recognize appropriate portion sizes of foods for most Americans.



ALCOHOL, TOBACCO, AND OTHER DRUGS

1. Understand how to use household products and medicines safely.



1. Identify examples of medications that help individuals with common health problems.
2. Recall rules for taking medicine at school and at home.

2. Apply strategies involving risk-reduction behaviors to protect self and others from the negative effects of alcohol, tobacco, and other drugs.

1. Use refusal skills when confronted or pressured to use alcohol, tobacco, or other drugs.
2. Identify ways of refusing to ride in vehicles driven by someone who has been using alcohol.

