

HEALTH CURRICULUM MAP

Subject: Health

Grade Level: 9-12

rev 08/25

FIRST QUARTER	SECOND QUARTER
<p>LIVING A HEALTHY LIFE</p> <ul style="list-style-type: none"> - 7 Lifestyle Factors - Survey Project - Communication Effectively - Goal Setting and Planning (Standards 1,2,3) - Violence Prevention - Resolving Conflict <p>NUTRITION</p> <ul style="list-style-type: none"> - Nutrients - USDA Pyramid - Reading Food Labels - 3 Day Diet Analysis - Food Safety (Standards 1,2) <p>MANAGING WEIGHT</p> <ul style="list-style-type: none"> - Maintaining a Healthy Weight - Fad Diets and Eating Disorders - Nutrition for Individual Needs (Standards 1,2) <p>MENTAL HEALTH</p> <ul style="list-style-type: none"> - Your Mental and Emotional Health – Understanding Emotions - Developing a Positive - Managing Emotions - Stress and Anxiety - Vision Board - Non-communicable Disease <p>-Cancer Awareness Prevention Signs + Symptoms</p> <p>-Breast Cancer Prevention</p> <p>-Testicular Cancer- signs + symptoms</p> <p>-Skin Cancer- Prevention, Signs + Symptoms</p> <p>-Heart Disease/ Diabetes/ Allergies</p>	<p>HIV/AIDS/Communicable Diseases</p> <ul style="list-style-type: none"> - Nature and Transmission - STD’S - Prevention - Abstinence (Standards 1,2,3) <p>TOBACCO/VAPING/E-CIGS</p> <ul style="list-style-type: none"> - Effects - Living Tobacco Free - Promoting a Smoke Free Environment (Standards 1,2,3) <p>ALCOHOL</p> <ul style="list-style-type: none"> - Choosing to be Alcohol Free - Harmful Effects of Alcohol Use - Alcohol, The Individual and Society (Standards 1,2,3) <p>MEDICINES AND ILLEGAL DRUGS</p> <ul style="list-style-type: none"> - Role of Medicines - Drug Use - Marijuana, Inhalants and Steroids - Psychoactive Drugs - Living Drug Free (Standards 1,2, 3) <p>TOBACCO, ALCOHOL, DRUG PROJECT (Brochure)</p>