

HE 3-5 Unit # 1: Wellness (3-5)

Content Area: **Health**
Course(s): **Generic Course**
Time Period: **Generic Time Period**
Length: **30**
Status: **Published**

Established Goals/Standards

Please choose the appropriate Goals/Standards from the Standards tab above.

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| HE.3-4. | Personal core ethical values impact the health of oneself and others. |
| HE.3-4. | The use of disease prevention strategies in home, school, and community promotes personal health. |
| HE.3-4. | Many health-related situations require the application of a thoughtful decision-making process. |
| HE.3-4. | The dimensions of wellness are interrelated and impact overall personal well-being. |
| HE.3-4. | Choosing a balanced variety of nutritious foods contributes to wellness. |
| HE.3-4. | Identifying unsafe situations and choosing appropriate ways to reduce or eliminate risks contributes to the safety of self and others. |
| HE.3-4. | Applying first-aid procedures can minimize injury and save lives. |
| HE.3-4. | Effective communication may be a determining factor in the outcome of health- and safety-related situations. |
| HE.3-4.2.1.4 | All students will acquire health promotion concepts and skills to support a healthy, active lifestyle. |
| HE.3-4.2.1.4.A.1 | Explain the physical, social, emotional, and mental dimensions of personal wellness and how they interact. |
| HE.3-4.2.1.4.A.2 | Determine the relationship of personal health practices and behaviors on an individual's body systems. |
| HE.3-4.2.1.4.B.1 | Explain how healthy eating provides energy, helps to maintain healthy weight, lowers risk of disease, and keeps body systems functioning effectively. |
| HE.3-4.2.1.4.B.2 | Differentiate between healthy and unhealthy eating practices. |
| HE.3-4.2.1.4.B.4 | Interpret food product labels based on nutritional content. |
| HE.3-4.2.1.4.C.1 | Explain how most diseases and health conditions are preventable. |
| HE.3-4.2.1.4.C.2 | Justify how the use of universal precautions, sanitation and waste disposal, proper food handling and storage, and environmental controls prevent diseases and health conditions. |
| HE.3-4.2.1.4.C.3 | Explain how mental health impacts one's wellness. |
| HE.3-4.2.1.4.D.2 | Summarize the various forms of abuse and ways to get help. |
| HE.3-4.2.1.4.D.3 | Examine the impact of unsafe behaviors when traveling in vehicles, as a pedestrian, and when using other modes of transportation. |

Essential Questions

Please add your Essential Questions by clicking on the Lists tab above.

- How and where can I locate Health resources
- How can diseases affect my mental and emotional health?
- How does my behavior reflect my personal choices?
- How does my emotional health influence my relationships with others?
- What can I do to avoid or reduce health risks?
- What does it mean to be mentally and emotionally healthy?
- What effect does stress have on my emotional health?
- What factors in my life affect my mental and emotional health?
- What goals can I set to avoid potentially dangerous situations?
- What goals can I set to help prevent disease?

Enduring Understanding

Please add your Enduring Understandings by clicking on the Lists tab above.

- Assertive communication skills enhance health by avoiding and/or reducing health risks.
- Individuals embrace diversity as contributing members of a larger community.
- Mental and emotional health effects a person's physical health and overall well being.
- Personal choices impact current and long term outcomes on individuals, family and society.
- Recognizing risk factors and applying risk reducing strategies can prevent health consequences.

Content

- Analyze personal wellness and health practices (nutrition, physical activity) to develop, implement, and achieve 3 personal health goals.
- compare and contrast diets that contain healthy eating practices versus one that contains unhealthy eating practices.
- Create a healthy meal by identifying and analyzing nutritional data.
- Determine the benefits or risks that certain food choices and eating patterns have on one's overall wellness.
- Identify and explain factors (heredity, environment) that may have a positive or negative impact on personal health and fitness.
- Identify public health strategies and determine their impact on preventing diseases and health conditions.
- Identify specific diseases and conditions that are prevalent in adolescents and determine preventative strategies.
- Identify the physical, social, emotional and intellectual benefits of participating in daily physical activity.

Resources

Please add your Resources by clicking on the Lists tab above.

- HE Websites
- Health Textbook
- State DOE Website
- Teacher Guides and Activity Books