

# Unit 1: Physical Health II (7)

Content Area: **Health**  
Course(s): **Health and Physical Ed**  
Time Period: **1 marking period**  
Length: **3 Weeks**  
Status: **Published**

## **Physical Health**

---

In this unit, students will identify numerous ways to improve their physical health. They will learn what nutrients are, which foods contain each nutrient, how to plan and maintain a well-balanced diet, and that eating well-balanced diet requires making good decisions about food. They will also be able to identify how alcohol, tobacco, and drug use will affect their overall health and wellness. Students will identify strategies to quit using tobacco, alcohol, and drugs and remain abstinent. Students will also identify ways to prevent accidents in their everyday life.

## **Transfer**

---

Students will be able to independently use their learning to...

Identify how nutrients help in maintaining a well-balanced diet and how alcohol, tobacco, and drug use can negatively impact one's overall health and wellness.

---

For more information, read the following article by Grant Wiggins.

[http://www.authenticeducation.org/ae\\_bigideas/article.lasso?artid=60](http://www.authenticeducation.org/ae_bigideas/article.lasso?artid=60)

## **Meaning**

---

## **Understandings**

---

Students will understand ...

- how to identify what nutrients are, which foods contain each type of nutrient, and how to plan and maintain a well-balanced diet.
- eating a well-balanced diet requires making good decisions about food.
- how alcohol, tobacco, and drug use will affect overall health
- strategies to quit using tobacco, alcohol, and drugs and remain abstinent
- how to identify ways to prevent accidents in everyday life.

## **Essential Questions**

---

Students will keep considering...

- How eating patterns are influenced by a variety of factors.
- how culture, health status, age, and eating environment influence personal eating patterns and recommend ways to provide nutritional balance.
- the strong relationship between individuals who abuse drugs and increased intentional and unintentional health-risk behaviors.
- the physical and behavioral effects of commonly abused substances by adolescents.
- intervention strategies that assist family and friends to cope with the impact of substance abuse.
- the degree of risk in a variety of situations and identify strategies to reduce intentional and unintentional injuries to self and others.

## **Application of Knowledge and Skill**

---

**Students will know...**

---

Students will know...

- what nutrients are, which foods contain these nutrients, and how to plan and maintain a well-balanced meal.
- that eating a well-balanced diet requires making good decisions about food
- how alcohol, tobacco, and drug use will affect overall health
- strategies to quit using tobacco, alcohol, and drugs to remain abstinent
- ways to prevent accidents from happening in everyday life

### **Students will be skilled at...**

---

Students will be skilled at...

- identifying nutrients and foods that contain these nutrients
- making good decisions about food choices
- identifying the impact of alcohol, tobacco, and drug use on overall health and wellness
- strategies to quit using alcohol, tobacco and drugs to remain abstinent
- preventing accidents in everyday life

### **Academic Vocabulary**

---

Nutrients

Dietary fiber

Carbohydrates

Fats

Proteins

Vitamins

Minerals

My Plate food guidance system

dietary guidelines

Tobacco

Addictive

Nicotine

Secondhand Smoke

Chronic Bronchitis

Emphysema

Addiction

Tolerance

Withdrawal

Peer Pressure

Nicotine Replacement Therapy

Alcohol

Blood Alcohol Concentration (BAC)

Binge drinking

Heavy drinking

Alcoholic Anonymous

Alateen

Medications

drugs

Prescription Medicine

Over-the-counter Medicine

Medication Misuse

Medication Abuse

overdose

illegal Drugs

Cocaine

Marijuana

Methamphetamines

Hallucinogens

Heroin

Inhalants

Rehabilitation program

precautions

flammable

## **Target 2**

---

-Basic understanding of proper meal planning

## **Target 1**

---

-Knowledge of good food choices

-Knowledge of portion sizes

-Effects of eating poorly

---

### **Learning Goal 3**

Students will identify how alcohol, tobacco, and drug use will affect their overall health and wellness.

CRP.K-12.CRP1	Act as a responsible and contributing citizen and employee.
CRP.K-12.CRP3	Attend to personal health and financial well-being.
CRP.K-12.CRP4	Communicate clearly and effectively and with reason.
CRP.K-12.CRP5	Consider the environmental, social and economic impacts of decisions.
CRP.K-12.CRP6	Demonstrate creativity and innovation.
CRP.K-12.CRP8	Utilize critical thinking to make sense of problems and persevere in solving them.
CRP.K-12.CRP9	Model integrity, ethical leadership and effective management.
HPE.2.2.8.B.3	Analyze factors that support or hinder the achievement of personal health goals during different life stages.
HPE.2.3.8.B.3	Analyze the effects of all types of tobacco use on the aging process.
HPE.2.3.8.B.4	Compare and contrast smoking laws in New Jersey with other states and countries.
HPE.2.3.8.B.5	Explain the impact of alcohol and other drugs on those areas of the brain that control vision, sleep, coordination, and reaction time and the related impairment of behavior, judgment, and memory.
HPE.2.3.8.B.7	Explain the impact of inhalant use and abuse on social, emotional, mental, and physical wellness.
HPE.2.3.8.B.8	Analyze health risks associated with injected drug use.

### **Target 1**

- Blood Alcohol Concentration Levels
- Effects of alcohol on the body
- Consequences of alcohol abuse
- DUI

---

### **Target 2**

- Types of tobacco products
- Effects of tobacco use
- Diseases associated with tobacco use
- smoking laws

### **Target 3**

---

- Drug types and examples of each type
- Effects of drug use
- Impact of drug use on 4 parts of health

### **Learning Goal 4**

---

Students will identify strategies to quit using tobacco, alcohol, and drugs and remain abstinent.

CRP.K-12.CRP1	Act as a responsible and contributing citizen and employee.
CRP.K-12.CRP3	Attend to personal health and financial well-being.
CRP.K-12.CRP4	Communicate clearly and effectively and with reason.
CRP.K-12.CRP5	Consider the environmental, social and economic impacts of decisions.
CRP.K-12.CRP8	Utilize critical thinking to make sense of problems and persevere in solving them.
CRP.K-12.CRP9	Model integrity, ethical leadership and effective management.
HPE.2.3.8.C.2	Summarize intervention strategies that assist family and friends to cope with the impact of substance abuse.
HPE.2.3.8.C.CS2	The ability to interrupt a drug dependency/addiction typically requires outside intervention, a strong personal commitment, treatment, and the support of family, friends, and others.
HPE.2.4.8.B.2	Determine the benefits of sexual abstinence and develop strategies to resist pressures to become sexually active.
HPE.2.4.8.B.4	Relate certain behaviors to placing one at greater risk for HIV/AIDS, STIs, and unintended pregnancy.

### **Target 1**

---

Strategies for quitting:

- support groups
- products
- refusal skills

## **Learning Goal 5**

---

Students will identify ways to prevent accidents in everyday life.

CRP.K-12.CRP1	Act as a responsible and contributing citizen and employee.
CRP.K-12.CRP3	Attend to personal health and financial well-being.
CRP.K-12.CRP4	Communicate clearly and effectively and with reason.
CRP.K-12.CRP5	Consider the environmental, social and economic impacts of decisions.
CRP.K-12.CRP6	Demonstrate creativity and innovation.
CRP.K-12.CRP8	Utilize critical thinking to make sense of problems and persevere in solving them.
CRP.K-12.CRP9	Model integrity, ethical leadership and effective management.
HPE.2.1.8.D.1	Assess the degree of risk in a variety of situations and identify strategies to reduce intentional and unintentional injuries to self and others.
HPE.2.1.8.D.CS1	Evaluating the potential for injury prior to engaging in unhealthy/risky behaviors impacts choices.

## **Target 1**

---

4 home safety precautions:

1. Falls
2. Fires
3. Weapon Safety
4. Poisoning

## **Summative Assessment**

---

- essay



- projects
- quiz
- tests

## **Formative Assessment and Performance Opportunities**

---

- observation
- think/pair/share
- worksheets

## **Differentiation/Enrichment**

---

how healthy are you

building your skills

graphic organizers

case studies

## **Unit Resources**

---

textbook

laptop

topic related videos

topic related worksheets

[www.myplate.gov](http://www.myplate.gov)

