

**Swedesboro-Woolwich School District's Comprehensive Health Education Curriculum Guidance Document**

**GRADE 6 – Comprehensive Health Education Unit 1**

**Mission Statement**

The primary goal of the Swedesboro-Woolwich School District is to prepare each student with the real life skills needed to compete in a highly competitive global economy. This will be achieved by providing a comprehensive curriculum, the integration of technology, and the professional services of a competent and dedicated faculty, administration, and support staff.

Guiding this mission will be Federal mandates, including No Child Left Behind, the New Jersey Core Curriculum Content Standards, and local initiatives addressing the individual needs of our students as determined by the Board of Education. The diverse resources of the school district, which includes a caring PTO and active adult community, contribute to a quality school system. They serve an integral role in supporting positive learning experiences that motivate, challenge and inspire children to learn.

**Unit/Module Overview**

Usually students as well as adults associate the word “diet” with losing weight, small portions, and salad for every meal. This course is to teach them that diet only refers to the food you put in your body. That food could be good and bad and that choice can have an effect on how your body works. The goal is to have students become more cognizant of what goes in their body and the negative and positive effects it could have. Students will recognize that with choosing a variety of healthy food, exercising and having appropriate portions it can have an enormous impact on other parts of their life. They could have the energy to do the sports they want or could even see a change in appearance. This unit stresses healthful food choices in order to promote a lifetime of great habits.

In unit 1, students will engage with content regarding:

- Six major nutrients
- How to use MyPlate
- The different food groups
- Guidelines for making healthy food choices
- How to manage weight in a healthful way

**Standards Covered in Current Unit/Module**

Related Standards

Learning Goals

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HE.6-8.2.1.8.EH.1	Compare and contrast stress management strategies that are used to address various types of stress-induced situations (e.g., academics, family, personal relationships, finances, celebrations, violence).
HE.6-8.2.1.8.EH.2	Analyze how personal attributes, resiliency, and protective factors support mental and emotional health.
HE.6-8.2.1.8.PP.4	Predict challenges that may be faced by adolescent parents and their families.
HE.6-8.2.1.8.PGD.1	Explain how appropriate health care can promote personal health.
HE.6-8.2.1.8.PGD.2	Analyze how genetics and family history can impact personal health.
HE.6-8.2.1.8.SSH.3	Demonstrate communication skills that will support healthy relationships.
HE.6-8.2.2.8.N.1	Analyze how culture, health status, age and access to healthy foods can influence personal eating habits.
HE.6-8.2.2.8.N.2	Identify skills and healthy behaviors that can support adolescents in body image, losing, gaining, or maintaining healthy weights.
HE.6-8.2.2.8.N.3	Design sample nutritional plans for families with different lifestyles, resources, special needs, and cultural backgrounds; then consider the similarities and differences among the plans.
HE.6-8.2.2.8.N.4	Assess personal nutritional health and consider opportunities to improve health and performance (e.g., sports drinks, supplements, balance nutrition).

Unit/Module Weekly Learning Activities and Pacing Guide			
Topic & # Days	NJ Standards	Critical Knowledge & Skills	Possible Resources & Activities
Starting in September  4 Weeks	See above	<b>Obj. We are learning to:</b> <ul style="list-style-type: none"> <li>Recognize healthier food options</li> <li>Pick portions according to MyPlate Guidelines</li> </ul>	Topic

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		<ul style="list-style-type: none"> <li>• Read a food label</li> <li>• Place food in the proper food groups</li> </ul> <p><b>Essential Questions:</b></p> <ul style="list-style-type: none"> <li>• Why is it important to follow the MyPlate?</li> <li>• Why is important to read food labels before deciding which foods to include in our diet?</li> <li>• What are eating disorders and what are ways to avoid them?</li> <li>• How does your level of activity affect what type of food your body needs?</li> <li>• How might your knowledge of nutrients influence your snack food choices?</li> <li>• How can a healthy diet benefit you?</li> <li>• Why is it important to develop a realistic body image?</li> <li>• How could your diet be completely different from someone, but you still get all of the nutrients you need? How could the word "diet" be controversial?</li> <li>• </li> </ul> <p><b>Suggested Formative Assessment(s):</b></p> <ul style="list-style-type: none"> <li>• Completion of writing assignments and written test</li> <li>• Completion of teacher created assessment</li> <li>• Successful completion of skill/content sheets</li> <li>• Homework assignments with Google Classroom</li> <li>• Notebook Participation</li> </ul>	<p>Activities</p> <p>Breakfast</p> <p><a href="#">Teacher's Guide</a>  <a href="#">Handout: Breakfast Book</a>  <a href="#">Quiz</a>  <a href="#">Quiz: Answer Key</a>  <a href="#">Poster, with NBA FIT: Eat Right (color)</a>  <a href="#">Infographic: Kids Can Help Parents Get Healthier (color)</a></p> <p>Food Labels</p> <p><a href="#">Teacher's Guide</a>  <a href="#">Handout: Fast-Food Freddy</a>  <a href="#">Quiz</a>  <a href="#">Quiz: Answer Key</a></p> <p>Healthy Snacking</p> <p><a href="#">Teacher's Guide</a>  <a href="#">Handout: Snack-Shopping List</a>  <a href="#">Quiz</a>  <a href="#">Quiz: Answer Key</a>  <a href="#">Poster, with NBA FIT: Eat Right (color)</a>  <a href="#">Infographic: Kids Can Help Parents Get Healthier (color)</a></p> <p>School Lunch</p> <p><a href="#">Teacher's Guide</a>  <a href="#">Handout: What's for Lunch?</a>  <a href="#">Quiz</a>  <a href="#">Quiz: Answer Key</a>  <a href="#">Poster, with NBA FIT: Eat Right (color)</a></p> <p>Nutrition</p> <p>All information can be obtained <a href="#">Here</a></p>
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[Link to Additional Components including Cross Curricular Connections, Accommodations, Assessments, Etc](#)

[ELA Enduring Understanding Statements](#)