

Brunswick School Department
Health Education
Curriculum Alignment

Prevention of Diseases and Disorders	Grade 7	Grade 8	Grade 10
A. Health Concepts Students will understand health promotion and disease prevention concepts.			
	<p><u>Healthy Choices</u> Essential Knowledge:</p> <ul style="list-style-type: none"> ▪ Healthy eating habits help prevent health conditions such as heart disease, high blood pressure, high cholesterol, Type II diabetes, etc. <p>Essential Skills:</p> <ul style="list-style-type: none"> ▪ Explain how eating habits contribute to overall health. <p><u>Human Growth</u> Essential Knowledge:</p> <ul style="list-style-type: none"> ▪ Abstinence from sexual activity is the safest and most effective way to avoid pregnancy and sexually transmitted infections, including HIV. ▪ The structure and function of the female and male reproductive organs are unique. ▪ Human reproduction is a process that involves fertilization, pregnancy, and birth. ▪ Behavior influences fetal development. ▪ Risk factors involved in being sexually active include: unplanned pregnancy, emotional distress, sexually transmitted infections (STI) including HIV/AIDS, etc. 	<p><u>Nutrition and Wellness</u> Essential Knowledge:</p> <ul style="list-style-type: none"> ▪ Balanced nutritional intake is necessary to promote healthy growth and development. ▪ Healthy eating enhances a person's ability to be physically active and mentally alert. ▪ Caloric intake and level of physical activity affect body weight, body composition, and overall physical health. ▪ Unhealthy food choices and lack of exercise can have short-term consequences (e.g., over/under weight, lack of energy, headaches, short attention span) and long-term consequences (e.g., heart disease, diabetes, osteoporosis, and some types of cancer). ▪ Nutrients (carbohydrates, fats, proteins, vitamins, minerals, and water) affect functioning of all body systems. ▪ Healthy coping skills help a person to be resilient, develop perspective, and stay in balance. <p>Essential Skills:</p> <ul style="list-style-type: none"> ▪ Explain why the body needs food. ▪ Describe some short-term and 	<p><u>Diseases and Disease Prevention</u> Essential Knowledge:</p> <ul style="list-style-type: none"> ▪ The immune system is made of body organs, tissues, cells, and chemicals that work to prevent illness. ▪ It is important to understand the effects of HIV on the immune system and the individual. <p>Essential Skills:</p> <ul style="list-style-type: none"> ▪ Describe the parts of the immune system and how they function. ▪ Describe the cause, effects, and prevention of HIV infection.

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	<p>Essential Skills:</p> <ul style="list-style-type: none">▪ Identify the characteristics of pregnancy and fetal development.▪ Identify the structure and function of the female and male reproductive organs.▪ Explain the relationship between a healthy lifestyle and fetal development.▪ Identify risk factors involve in being sexually active.	<p>long-term consequences of unhealthy food choices and/or lack of exercise.</p> <ul style="list-style-type: none">▪ Explain how nutrients affect the functioning of body systems.▪ Recognize some adverse conditions that may be a result of abusing food to deal with stress or other serious emotional issues.	
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<p>B. Health Information, Services and Products Students will know how to acquire valid information about health issues, services, and products.</p>			
	<p><u>Human Growth</u> Essential Knowledge: <ul style="list-style-type: none"> ▪ Valid and invalid resources for information about sexuality exist. Essential Skills: <ul style="list-style-type: none"> ▪ Identify valid sexuality resources. </p>		<p><u>Diseases and Disease Prevention</u> Essential Knowledge: <ul style="list-style-type: none"> ▪ Valid community resources for information, testing and counseling for STIs are available. Essential Skills: <ul style="list-style-type: none"> ▪ Identify valid sources of information about HIV. ▪ Identify valid resources for STI testing and treatment. </p>

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<p>C. Health Promotion and Risk Reduction Students will understand how to reduce their health risks through the practice of healthy behaviors.</p>			
	<p><u>Healthy Choices</u> Essential Knowledge:</p> <ul style="list-style-type: none"> ▪ Healthy eating habits help prevent health conditions such as heart disease, high blood pressure, high cholesterol, Type II diabetes, etc. ▪ Tracking food intake helps the consumer to make good food choices. <p>Essential Skills:</p> <ul style="list-style-type: none"> ▪ Explain how eating habits contribute to overall health. ▪ Analyze food choices for nutritional value using the food guide pyramid. ▪ Use data about personal food intake and physical activity to develop strategies to improve or maintain health. ▪ Develop a personal action plan for eating. <p><u>Human Growth</u> Essential Knowledge:</p> <ul style="list-style-type: none"> ▪ Unhealthy food choices and lack of exercise have short-term and long-term consequences (e.g., over/under weight, lack of energy, headaches, short attention span) 		<p><u>Diseases and Disease Prevention</u> Essential Knowledge:</p> <ul style="list-style-type: none"> ▪ Many behaviors can prevent both infectious and non-infectious diseases. <p>Essential Skills:</p> <ul style="list-style-type: none"> ▪ Identify primary disease prevention strategies. ▪ Plan strategies to reduce personal health risks or improve personal health. ▪ Describe the importance of individual responsibility in managing chronic disease. ▪ Examine behaviors that transmit sexually transmitted infections (STIs). ▪ Summarize effective ways to prevent pregnancy and STIs.

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	<p>and long-term consequences (e.g., heart disease, diabetes, osteoporosis, and some types of cancer).</p> <ul style="list-style-type: none">▪ Individuals are responsible for making healthy choices.▪ Adolescents sometimes deal with stress by making unhealthy food choices which may lead to adverse health conditions such as anorexia, bulimia, or compulsive overeating. <p>Essential Skills:</p> <ul style="list-style-type: none">▪ Describe some short-term and long-term consequences of unhealthy food choices and/or lack of exercise.▪ Recognize personal responsibility for nutritional choices.▪ Recognize some adverse health conditions that may be a result of abusing food to deal with stress or other serious emotional issues.		
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<p>D. Influences on Health Students will understand how media techniques, cultural perspectives, technology, peers, and family influence behaviors that affect health.</p>			
			<p><u>Diseases and Disease Prevention</u> Essential Knowledge:</p> <ul style="list-style-type: none"> ▪ Heredity, environment, and behavior are all factors that influence illness. <p>Essential Skills:</p> <ul style="list-style-type: none"> ▪ Compare the roles played by heredity, environment, and behavior in causing illness. ▪ Analyze the variety of influences that affect the course of illness.

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E. Communication Skills Students will understand that skillful communication can contribute to better health for themselves and the community.			

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<p>F. Decision-Making and Goal Setting Students will learn how to set personal goals and make decisions that lead to better health.</p>			
	<p><u>Human Growth</u> Essential Knowledge:</p> <ul style="list-style-type: none"> ▪ Teen pregnancy poses many risks and/or negative impacts to the mother, father, child, and other family members. <p>Essential Skills:</p> <ul style="list-style-type: none"> ▪ Identify risk factors involved in being sexually active. 	<p><u>Nutrition and Wellness</u> Essential Knowledge:</p> <ul style="list-style-type: none"> ▪ Unhealthy food choices and lack of exercise can have short-term consequences (e.g., over/under weight, lack of energy, headaches, short attention span) and long-term consequences (e.g., heart disease, diabetes, osteoporosis, and some types of cancer). ▪ Individuals are responsible for making healthy nutritional choices. <p>Essential Skills:</p> <ul style="list-style-type: none"> ▪ Describe some short-term and long-term consequences of unhealthy food choices and/or lack of exercise. 	<p><u>Disease and Disease Prevention</u> Essential Knowledge:</p> <ul style="list-style-type: none"> ▪ Many behaviors can prevent both infectious and non-infectious diseases. <p>Essential Skills:</p> <ul style="list-style-type: none"> ▪ Identify primary disease prevention. ▪ Plan strategies to reduce personal health risks or improve personal health. ▪ Describe the importance of individual responsibility in managing chronic disease. ▪ Examine behaviors that transmit sexually transmitted infections (STIs). ▪ Summarize effective ways to prevent pregnancy and STIs.