

**Health/Guidance
Unit 10: Healthy Choices**

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| <p align="center">Essential Understandings</p> | <ul style="list-style-type: none"> ▪ Many things influence choices that affect health. ▪ Health- enhancing behaviors can help avoid or reduce health risks ▪ Healthy behaviors impact personal health |
| <p align="center">Essential Questions</p> | <ul style="list-style-type: none"> ▪ What are influences? ▪ What are harmful substances? ▪ How do choices affect future health? |
| <p align="center">Essential Knowledge</p> | <ul style="list-style-type: none"> ▪ Media, friends, schools and families affect choices. ▪ Participation in a variety of activities is important to health. ▪ Maintaining healthy habits contributes to future personal health conditions |
| <p align="center">Vocabulary/Content</p> | <p>Physical, mental, emotional, and social health; common childhood diseases, safe and healthy school environment, healthy menu, body care, factors, substances, media and cultural influence, personal goal, food choices, hidden sugars, vegetables, proteins, helmet, seat belt, exit plan, nicotine, prescription drugs, alcohol, household chemicals, ecigarettes, huffing, marijuana, medical marijuana</p> |
| <p align="center">Essential Skills</p> | <ul style="list-style-type: none"> ▪ Identify substances that are safe and unsafe to touch, taste, or inhale. ▪ Recognize the importance of advertising in promoting choices. ▪ Recognize the importance of school and family discussions in promoting choices. ▪ Identify ways of treating common childhood diseases ▪ Identify healthy eating patterns ▪ Identify safe practices in any motorized vehicle |

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| <p>ASCA Concepts</p> | <p>Understand consequences of decisions and choices Apply effective problem - solving and decision making skills to make safe and healthy choices Learn about the emotional and physical dangers of substance use and abuse</p> |
| <p>Maine Learning Results</p> | <p>Health</p> <p>A1.Students explain the relationship between healthy behaviors and personal health A2Students identify examples of physical, mental, emotional and social heath during childhood A3 Students describe ways to detect and treat common childhood diseases and other health problems A4 Students describe ways a safe and healthy school and community environment can promote personal health A6Students define basic health concepts related to family life</p> <p>C1 Students demonstrate age-appropriate healthy practices to maintain or improve personal health. C1a, Design healthy menu C1b., Demonstrate basic care of the human body</p> <p>D1. Students describe how a variety of factors influence personal health behaviors D.1a,Describe how family, school and community influence can dsupport personal health practices and behaviors D.1b,Describe how peers and culture can influence health practices and behaviors D1c Explain how media influences thoughts, feelings, and health behaviors</p> <p>F. Students identify a short-term personal health goal and take action toward achieving the goal.</p> |

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| <p>Sample Lessons And Activities</p> | <ul style="list-style-type: none"> ▪ Students identify health effects of smoking cigarettes on the human body. ▪ Research histories of childhood diseases and treatments ▪ Find a magazine or newspaper advertisement and identify the healthy or unhealthy choice it promotes. ▪ List healthy choices shared during school and family discussions. ▪ Create an advertisement. ▪ Discuss ways school and communities make rules to create healthy environments ▪ Watch television at two different time periods (e.g. Saturday morning and 6 o'clock news) and record the number and type of commercials. ▪ Tally one day's worth of activities. ▪ Analyze a week's of school lunch menus ▪ Identify a short term healthy goal (running laps on playground) ▪ Create a sketch of an exit plan from home in case of fire ▪ Keep a journal for a week of foods eaten. Analyze for healthy choices. ▪ Brunswick Fire Safety Activities |
| <p>Sample Classroom Assessment Methods</p> | <ul style="list-style-type: none"> ▪ Create a week's menu of healthy breakfasts ▪ Write a paragraph stating why certain school rules create a healthy environment ▪ Create a chart listing ingredients of various snacks |
| <p>Sample Resources</p> | <p><i>Substance Abuse Prevention Activities for Elementary Children</i>, Timothy A. Gerne and Patricia J. Gerne 5 2 1 0 Teacher Guides Brunswick Fire Safety Officers</p> |