

**Health/Guidance  
Unit 9: Healthy Choices**

<p align="center"><b>Essential Understandings</b></p>	<ul style="list-style-type: none"> <li>▪ Multiple factors influence choices that affect health.</li> <li>▪ Heathy behaviors can help avoid or reduce health risks.</li> </ul>
<p align="center"><b>Essential Questions</b></p>	<ul style="list-style-type: none"> <li>▪ What are influences?</li> <li>▪ What are harmful substances?</li> <li>▪ How do choices affect future health?</li> </ul>
<p align="center"><b>Essential Knowledge</b></p>	<ul style="list-style-type: none"> <li>▪ Media, friends, schools, and families affect choices.</li> <li>▪ Participation in a variety of activities is important to health.</li> <li>▪ Maintaining healthy habits contributes to future personal health conditions</li> </ul>
<p align="center"><b>Vocabulary/Content</b></p>	<p>Behaviors, healthy, transmission, prevention, communicable diseases, safe environment, hygiene skills, handwashing, harmful substance, safe substance, symbols, warning labels, influence, short-term goal, media, healthy foods, helmet, seat belt, exit plan,</p>
<p align="center"><b>Essential Skills</b></p>	<ul style="list-style-type: none"> <li>▪ Identify substances that are safe and unsafe to touch, taste, or inhale.</li> <li>▪ Recognize the importance of advertising in promoting choices.</li> <li>▪ Recognize the importance of school and family discussions in promoting choices.</li> <li>▪ Demonstrate personal hygiene skills</li> <li>▪ Choose healthy foods</li> <li>▪ Identify safe practices in any motorized vehicle</li> </ul>

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<p><b>ASCA Concepts</b></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><b>Related Maine Learning Results</b></p>	<p>Health A1 Students recognize that healthy behaviors impact personal health A2 Students recognize that there are multiple dimensions of health A 3 Students describe the transmission and prevention of common childhood communicable diseases A4. Students describe ways a safe and healthy school environment can promote personal health A6 Students identify basic health terms related to family life</p> <p>C.1 Student demonstrate age-appropriate healthy practices to maintain or improve personal health. C.1a Choose healthy foods C.1b Demonstrate personal hygiene skills, including hand-washing C 2 b Differentiate between safe and harmful substances found at home and school. C 2c recognize basic signs, symbols and warning labels for health and safety</p> <p>D1. a Identify family influences on personal health practices and behaviors D1b Identify what the school can do to support personal health practices and behaviors D1c Describe how the media can influence 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 align="center"><b>Sample Lessons And Activities</b></p>	<ul style="list-style-type: none"> <li>▪ Students will identify a variety of objects and substances as safe or unsafe to put in their bodies or unknown. There will be discussion about each item and direct teaching about what some of the substances are and why they are not safe.</li> <li>▪ List healthy choices shared during school and family discussions.</li> <li>▪ Create an advertisement.</li> <li>▪ Watch television at two different time periods (e.g. Saturday morning and 6 o'clock news) and record the number and type of commercials.</li> <li>▪ Tally one day's worth of activities.</li> <li>▪ Demonstrate correct way to wash hands</li> <li>▪ Create the food pyramid with magazine advertisements</li> <li>▪ Draw pictures of healthy snacks, healthy meals</li> <li>▪ Brunswick Fire Safety Activities</li> </ul>
<p align="center"><b>Sample Classroom Assessment Methods</b></p>	<ul style="list-style-type: none"> <li>▪ Maintain an annotated food journal</li> <li>▪ Find a magazine or newspaper advertisement and identify the healthy or unhealthy choice it promotes.</li> <li>▪ Demonstrate Stop, Drop and Roll</li> </ul>
<p align="center"><b>Sample Resources</b></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>