**Curriculum**

**7th Grade Health**

**Course Overview**

Health 7 is a general introduction to health, hygiene, the human body and nutrition and diet. With health so firmly on the political agenda and in the news, we critically examine the current health issues, trends and problems. We learn how to read food labels and guidelines and examine ways to prevent health problems like obesity and diabetes. We look at the effects of fast food and junk food and the way the food industry works. At the same time students taste healthy 'superfoods' and explore the ways food might prevent illness and enhance health. We also briefly study drugs and addiction as well as stress and ways to minimize it.

**Department Standards**

* Students will appreciate the importance of health and healthy habits for life.
* Students will learn ways to promote health as well as prevent disease.
* Students will understand that health has physical, emotional, and social dimensions.
* Students will practise health-enhancing behaviors and reduce risk factors.
* Students will critically analyze the effects of culture, media, technology, current affairs, politics, environment, technology, peers, community and other factors which influence health and health advice.
* Students will demonstrate the ability to use interpersonal skills in honest, respectful discussion and debate.
* Students will be aware that a healthy self concept is central to future decision making, as well as a healthy relationship with family and community.
* Students will set goals and practise decision-making to help them prevent future unhealthy behavior.
* Students will learn how to access valid health information and services.

**Benchmarks**:

Students will be able to define health.

Students will review the principles of good hygiene and basic disease prevention.

Students will have a greater appreciation of their amazing bodies.

Students will explore the physiological systems of the bodies and understand how some basic processes work.

Students will learn about different types of eating disorders, those most at risk, their symptoms and the long term consequences of these illnesses.

Students will understand the causes and effects of obesity.

Students will read about the fast food industry and examine how it works to entice us.

Students will looks at the effects of the fast food industry on society, the environment and health.

Students will taste many 'superfoods' and examine their health claims.

Students will read and discuss current articles about health, food and diet.

Students will log their diets for three days and compare their diets to the US Department of Agriculture's Food Pyramid and the more recent Harvard School of Public Health Food pyramid.

Students will define the term drug and look at how drugs are both beneficial and potentially harmful.

Students wil understand how addiction and tolerance work.

Students will explore alcohol and alcohol related problems.

Students will define stress, identify stressful situations and practise techniques which reduce and inhibit the stress reaction.

Students wil review the harmful effects of smoking.

**Performance Indicators**

As this is a no grade elective, informal anecdotal notes are used to determine an effort grade.

**Assessments**

Hygiene Skit

The Human Body Webquest

Superfood

Article Presentation

Junk Food Review

Group Presentation of Chew on This chapter.

Superfood.

Article.

Junk Food Review.

Diet Analysis

Overall participation/ attitude

**Core Topics**

What is health.

The Health Triangle.

How healthy are we?

Hygienne and Personal Care.

Your Amazing Body Webquest.

Anatomy, Physiological systems and Related Health Issues.

Eating Disorders

Obesity

The Fast Food Industry

Superfoods

The Food Pyramid

Drugs

Stress and Stress Management

**Specific Content**

Students take a health questionnaire about what interests and worries them.

Health is defined through the health triangle of emotional physical and social health.

Students discuss how they interact and effect each other.

The 'How health Are We?' checklist leads to a discussion of healthy practises.

Hygiene skits review information about looking after ears, eyes, hair, skin, and nails and how to prevent the spread of germs.

The Webquest includes a BMI calculation, backpack safety, the endocrine system and diabetes, the cardiovascular system and heart health, the digestive system and nutrient absorption, and the sketetal system and the nerve-muscle connection.

Eating disorders are explored through an informative article, discussion and a written summary.

Students read a chapter of Chew on This and present their summary to the class. Discussion throughout, especially on obesity.

We watch the film 'Supersize Me'

Students keep a food log for three days and analyze their diets based on two contrasting food pyramids (US Dept. of Agriculture and Harvard Nutrition).

Students brainstorm a list of drugs, both legal and illegal.

Students watch Dying High: Teens in ER.

Students look at the number of units for intoxication and discuss implications.

Drinking and Driving is highlighted as number one cause of teenage preventable death.

Alcohol is presented as the most dangerous drug....discussion and questions and answer follows.

Smoking video is shared and discussed- question and answer follows.

Stress presentation by teacher on how stress chemical work in the body.

Students are led through a yoga and meditation class.

**Resources**

Chew on This by Eric Schlosser and Charles Wilson

The Teenage Body Book by Kathy McCoy and Dr. Charles Wibbelsman

Teen Health: Course 3 Merki and Merki (Glencoe 1999)

Film: Dying High: Teens in ER. Human Relations Media