

Health Concepts (Human Growth & Development):

Dear Students,

I hope you are all doing well, and that you and your family are safe and healthy. Before we left, we were working on our **Principles of Nutrition** poster. Due to the difficulty of completing a partner-based poster (and submitting it), I think I will just let that assignment go (it will not be graded). Instead, we will begin our next unit, which corresponds with **Chapter 8** in the book (**Human Growth & Development**). I have instructions for both textbook, and digital, options below. The lessons and weekly exercises (below) should take you around 2-2.5 hours per week (including reading, learning the material, answering HW questions, etc.).

The weekly lessons are broken up as follows:

Green= Content (Lesson Notes):

- You should learn & review the terms and definitions, up to the designated point (which will be specified for each week). Taking notes in your composition book is recommended, but not required. You may make flashcards for the terms, or do the Quizlets, to reinforce the content. We will have **quizzes**, as well as HW, based on the content. Make sure to check Edmodo daily for announcements, updates and modifications (if necessary).



Blue= Exercises & Questions (HW):

- You should complete the designated exercises for each week. These can all be submitted electronically. You should complete all assignments on Notebook Paper, and then send a (clear) photo via email to:
- Tfoster@tUSD.net

Yellow= Supplemental Materials & Exercises for Practice

- These links, videos, and exercises are supplemental, and will help prepare you for quizzes and tests, in addition to learning the **Content**, and completing the **Exercises (HW)**. These supplemental exercises are optional.

Week 1:

	Textbook Version:	Online Version:
Content & Concepts:	<p>Read: P. 227-246 (Ch.8)</p> <ul style="list-style-type: none"> Principles of Growth & Development (8.1) Conception to Full Term <u>NeoNates (Newborns)</u> Infancy & the Toddler Years (1-3) Pre- & Elementary School Years 	<p>Read: Slides</p> <p>https://www.slideshare.net/rdhaker2011/growth-and-developmentppt</p> <ul style="list-style-type: none"> Same concepts 
Exercises (HW):	<p>Questions:</p> <ol style="list-style-type: none"> Define the following terms: Cephalocaudal development, embryo, fetus. Describe & explain Maslow's Hierarchy of Human Needs. Describe what is meant by "Nature vs. Nurture" and connect it to the idea of genetics. Which do you think plays a more significant role 	<p>Questions:</p> <ul style="list-style-type: none"> Same questions 

	<p>in human development? Nature, or nurture? Explain why you think so.</p> <p>4) Compare & Contrast the first, second and third trimester of development.</p> <p>5) Physically, what are some of the changes that occur in the first month after birth? Explain.</p> <p>6) Describe at least 4 reflexive actions (reflexes) observed in newborn babies.</p> <p>7) As a healthcare provider, what are 4 guidelines to follow when dealing with newborns?</p> <p>8) Describe some of the changes that infants undergo during their first year of life- physically, socially, emotionally, and intellectually.</p> <p>9) Describe the development seen in toddlers.</p> <p>10) What are some of the patterns of growth observed in elementary age children, physically, socially, and intellectually?</p>	
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- *All exercises (HW) should be done on notebook paper, if you are unable to print the worksheets out.*
- *To **submit** your weekly assignments, you should:*
 - ***Take a (clear) photo** of your Paper (including your name, date, period, and all sides of the paper (if applicable)). Double-check to make sure the image is clear and legible.*
 - ***Email your work to:** tfoster@tusd.net*