

**MCMS Wellness
7th Grade**

Unit: Healthy Hearts and First Response

Long Term Learning Target: I can explain how to make healthy decisions related to my nutrition. I can explain and demonstrate how to save a life in various emergency situations.

(Lesson 1: Food Label Reading)

Learning Targets: Language Targets

I can **read** and **listen** to the different aspects and important information on a food label.

I can correctly **read** a food label.

I can compare and contrast two similar foods.

I can explain in **writing** what food I think is the healthier option between the two choices.

Lesson Activities: Food label reading, Food label detective.

(Lesson 1: Healthy Hearts)

Learning Targets: Language Targets

I can **verbally explain** the difference between a heart attack and a stroke.

I can **identify** the risk factors of a heart attack

I can **identify** the dangers of a high sugar diet.

I can **explain** the dangers of diabetes.

I can **verbally** respond to how many teaspoons of sugar are in different food products.

I can **identify** the dangers of a high sodium diet.

I will **listen** and **ask questions** about how I can prevent heart disease through my diet.

I will **write** down answers on the pre and post test

Lesson Activities: Listen and ask questions about the Healthy Hearts PowerPoint. Sugar cube activity. Post test about nutrition and heart disease.

(Lesson 3: Hands Only CPR)

Learning Targets: Language Targets

I will **listen** to the hands only CPR PowerPoint

I can **verbally** identify the warning signs of a heart attack

I can **verbally** state the process of administering hands only CPR and how to use the AED

I will physically **demonstrate** proper technique of hands only CPR.

I will physically **demonstrate** proper use of an AED.

Lesson Activities:

Listen to the hands only CPR PowerPoint

Physically demonstrate proper Hands only CPR technique.

(Lesson 4/5: Stop the Bleed)

Learning Targets: Language Targets

I can **listen** and be a respectful audience member to our guest speakers.

I can **explain** the need of basic training in emergency situations that involve bleeding.

I can **demonstrate** how to use basic skills and tools in emergency situations, to stop uncontrolled bleeding.

Lesson Activities:

Legacy Health guest speakers and hands on demonstrations