

Brunswick School Department
Health Education
Curriculum Alignment

Prevention of Diseases and Disorders	Grade 7	Grade 8	Grade 10
A. Health Concepts Students will understand health promotion and disease prevention concepts.			
	<p><u>Healthy Choices</u> Essential Knowledge:</p> <ul style="list-style-type: none"> Healthy eating habits help prevent health conditions such as heart disease, high blood pressure, high cholesterol, Type II diabetes, etc. <p>Essential Skills:</p> <ul style="list-style-type: none"> Explain how eating habits contribute to overall health. <p><u>Human Growth</u> Essential Knowledge:</p> <ul style="list-style-type: none"> Abstinence from sexual activity is the safest and most effective way to avoid pregnancy and sexually transmitted infections, including HIV. The structure and function of the female and male reproductive organs are unique. Human reproduction is a process that involves fertilization, pregnancy, and birth. Behavior influences fetal development. Risk factors involved in being sexually active include: unplanned pregnancy, emotional distress, sexually transmitted infections (STI) including HIV/AIDS, etc. 	<p><u>Nutrition and Wellness</u> Essential Knowledge:</p> <ul style="list-style-type: none"> Balanced nutritional intake is necessary to promote healthy growth and development. Healthy eating enhances a person's ability to be physically active and mentally alert. Caloric intake and level of physical activity affect body weight, body composition, and overall physical health. Unhealthy food choices and lack of exercise can have short-term consequences (e.g., over/under weight, lack of energy, headaches, short attention span) and long-term consequences (e.g., heart disease, diabetes, osteoporosis, and some types of cancer). Nutrients (carbohydrates, fats, proteins, vitamins, minerals, and water) affect functioning of all body systems. Healthy coping skills help a person to be resilient, develop perspective, and stay in balance. <p>Essential Skills:</p> <ul style="list-style-type: none"> Explain why the body needs food. Describe some short-term and 	<p><u>Diseases and Disease Prevention</u> Essential Knowledge:</p> <ul style="list-style-type: none"> The immune system is made of body organs, tissues, cells, and chemicals that work to prevent illness. It is important to understand the effects of HIV on the immune system and the individual. <p>Essential Skills:</p> <ul style="list-style-type: none"> Describe the parts of the immune system and how they function. Describe the cause, effects, and prevention of HIV infection.

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	<p>Essential Skills:</p> <ul style="list-style-type: none">▪ Identify the characteristics of pregnancy and fetal development.▪ Identify the structure and function of the female and male reproductive organs.▪ Explain the relationship between a healthy lifestyle and fetal development.▪ Identify risk factors involve in being sexually active.	<p>long-term consequences of unhealthy food choices and/or lack of exercise.</p> <ul style="list-style-type: none">▪ Explain how nutrients affect the functioning of body systems.▪ Recognize some adverse conditions that may be a result of abusing food to deal with stress or other serious emotional issues.	
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B. Health Information, Services and Products Students will know how to acquire valid information about health issues, services, and products.			
	<u>Human Growth</u> Essential Knowledge: <ul style="list-style-type: none"> Valid and invalid resources for information about sexuality exist. Essential Skills: <ul style="list-style-type: none"> Identify valid sexuality resources. 		<u>Diseases and Disease Prevention</u> Essential Knowledge: <ul style="list-style-type: none"> Valid community resources for information, testing and counseling for STIs are available. Essential Skills: <ul style="list-style-type: none"> Identify valid sources of information about HIV. Identify valid resources for STI testing and treatment.

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C. Health Promotion and Risk Reduction Students will understand how to reduce their health risks through the practice of healthy behaviors.			
	<p><u>Healthy Choices</u> Essential Knowledge:</p> <ul style="list-style-type: none"> ▪ Healthy eating habits help prevent health conditions such as heart disease, high blood pressure, high cholesterol, Type II diabetes, etc. ▪ Tracking food intake helps the consumer to make good food choices. <p>Essential Skills:</p> <ul style="list-style-type: none"> ▪ Explain how eating habits contribute to overall health. ▪ Analyze food choices for nutritional value using the food guide pyramid. ▪ Use data about personal food intake and physical activity to develop strategies to improve or maintain health. ▪ Develop a personal action plan for eating. <p><u>Human Growth</u> Essential Knowledge:</p> <ul style="list-style-type: none"> ▪ Unhealthy food choices and lack of exercise have short-term and long-term consequences (e.g., over/under weight, lack of energy, headaches, short attention span) 		<p><u>Diseases and Disease Prevention</u> Essential Knowledge:</p> <ul style="list-style-type: none"> ▪ Many behaviors can prevent both infectious and non-infectious diseases. <p>Essential Skills:</p> <ul style="list-style-type: none"> ▪ Identify primary disease prevention strategies. ▪ Plan strategies to reduce personal health risks or improve personal health. ▪ Describe the importance of individual responsibility in managing chronic disease. ▪ Examine behaviors that transmit sexually transmitted infections (STIs). ▪ Summarize effective ways to prevent pregnancy and STIs.

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	<p>and long-term consequences (e.g., heart disease, diabetes, osteoporosis, and some types of cancer).</p> <ul style="list-style-type: none">▪ Individuals are responsible for making healthy choices.▪ Adolescents sometimes deal with stress by making unhealthy food choices which may lead to adverse health conditions such as anorexia, bulimia, or compulsive overeating. <p>Essential Skills:</p> <ul style="list-style-type: none">▪ Describe some short-term and long-term consequences of unhealthy food choices and/or lack of exercise.▪ Recognize personal responsibility for nutritional choices.▪ Recognize some adverse health conditions that may be a result of abusing food to deal with stress or other serious emotional issues.		
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D. Influences on Health Students will understand how media techniques, cultural perspectives, technology, peers, and family influence behaviors that affect health.			
			<u>Diseases and Disease Prevention</u> Essential Knowledge: <ul style="list-style-type: none"> ▪ Heredity, environment, and behavior are all factors that influence illness. Essential Skills: <ul style="list-style-type: none"> ▪ Compare the roles played by heredity, environment, and behavior in causing illness. ▪ Analyze the variety of influences that affect the course of illness.

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E. Communication Skills Students will understand that skillful communication can contribute to better health for themselves and the community.			

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F. Decision-Making and Goal Setting Students will learn how to set personal goals and make decisions that lead to better health.			
	<u>Human Growth</u> Essential Knowledge: <ul style="list-style-type: none"> ▪ Teen pregnancy poses many risks and/or negative impacts to the mother, father, child, and other family members. Essential Skills: <ul style="list-style-type: none"> ▪ Identify risk factors involved in being sexually active. 	<u>Nutrition and Wellness</u> Essential Knowledge: <ul style="list-style-type: none"> ▪ Unhealthy food choices and lack of exercise can have short-term consequences (e.g., over/under weight, lack of energy, headaches, short attention span) and long-term consequences (e.g., heart disease, diabetes, osteoporosis, and some types of cancer). ▪ Individuals are responsible for making healthy nutritional choices. Essential Skills: <ul style="list-style-type: none"> ▪ Describe some short-term and long-term consequences of unhealthy food choices and/or lack of exercise. 	<u>Disease and Disease Prevention</u> Essential Knowledge: <ul style="list-style-type: none"> ▪ Many behaviors can prevent both infectious and non-infectious diseases. Essential Skills: <ul style="list-style-type: none"> ▪ Identify primary disease prevention. ▪ Plan strategies to reduce personal health risks or improve personal health. ▪ Describe the importance of individual responsibility in managing chronic disease. ▪ Examine behaviors that transmit sexually transmitted infections (STIs). ▪ Summarize effective ways to prevent pregnancy and STIs.