

COURSE	HEALTH			GRADE:	6 <sup>TH</sup> GRADE
STATE STANDARD:	10.1.6 CONCEPTS OF HEALTH			TIME FRAME:	12 – 15 LESSONS
STANDARD STATEMENT	CONTENT WORDS	ESSENTIAL QUESTIONS	KNOWLEDGE AND/OR SKILL	TOPIC	ASSESSMENT
<p>C. ANALYZE NUTRITIONAL CONCEPTS THAT IMPACT HEALTH.</p> <ul style="list-style-type: none"> <li>• CALORIC CONTENT OF FOODS</li> <li>• RELATIONSHIP OF FOOD INTAKE AND PHYSICAL ACTIVITY (ENERGY OUTPUT)</li> <li>• NUTRIENT REQUIREMENTS</li> <li>• LABEL READING</li> <li>• HEALTHFUL FOOD SELECTION</li> </ul>	<ul style="list-style-type: none"> <li>• CALORIC CONTENT</li> <li>• FOOD INTAKE AND PHYSICAL ACTIVITY</li> <li>• LABEL READING</li> </ul>	<ul style="list-style-type: none"> <li>• <i>WHAT IS A HEALTHY CALORIC INTAKE?</i></li> <li>• <i>WHAT IS THE RELATIONSHIP BETWEEN FOOD INTAKE AND PHYSICAL ACTIVITY?</i></li> <li>• <i>WHAT ARE THE SPECIFIC CALORIES FROM PROTEIN, CARBOHYDRATES, AND FATS?</i></li> <li>• <i>WHAT ARE THE DIFFERENT PARTS OF THE FOOD LABEL?</i></li> </ul>	<ul style="list-style-type: none"> <li>▪ CALORIC CONTENT <ul style="list-style-type: none"> <li>○ AMOUNT OF ENERGY FOUND IN FOOD, EXCESSIVE AMOUNTS EATEN IS STORED AS FAT.</li> </ul> </li> <li>▪ ENERGY OUTPUT <ul style="list-style-type: none"> <li>○ THE NUMBER OF CALORIES BURNED FOR ALL BODY FUNCTIONS.</li> </ul> </li> <li>▪ CALORIES <ul style="list-style-type: none"> <li>○ NUMBER OF GRAMS PER SERVING FROM CARBOHYDRATES MULTIPLIED BY FOUR.</li> <li>○ NUMBER OF GRAMS PER SERVING FROM PROTEINS MULTIPLIED BY FOUR.</li> <li>○ NUMBER OF GRAMS PER SERVING FROM FATS MULTIPLIED BY SEVEN.</li> </ul> </li> <li>▪ FOOD LABEL PARTS <ul style="list-style-type: none"> <li>○ CALORIES</li> <li>○ SERVING SIZE</li> <li>○ SERVING SIZE PER CONTAINER</li> <li>○ NUTRIENTS</li> <li>○ INGREDIENTS</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>▪ NUTRITION <b>BENCHMARK</b></li> </ul>	<p>QUIZZES, TESTS, OBSERVATION CHECKLIST, VARIOUS ASSESSMENTS OF PROJECTS (INDIVIDUAL, GROUP, PARTNER)</p> <p>RUBRICS</p> <p>PERFORMANCE TASKS</p> <p>TEACHER DESIGNED ASSESSMENTS</p> <p>TEACHER OBSERVATION</p>
<p>E. IDENTIFY HEALTH PROBLEMS THAT CAN OCCUR THROUGHOUT LIFE AND DESCRIBE WAYS TO PREVENT THEM.</p> <ul style="list-style-type: none"> <li>• DISEASES</li> <li>• PREVENTIONS</li> </ul>	<ul style="list-style-type: none"> <li>▪ COMMUNICABLE DISEASES</li> <li>▪ NON-COMMUNICABLE DISEASES</li> </ul>	<ul style="list-style-type: none"> <li>▪ <i>WHAT IS THE DIFFERENCE BETWEEN COMMUNICABLE AND NON-COMMUNICABLE DISEASES?</i></li> <li>▪ <i>WHAT ARE SOME TYPES OF GERMS?</i></li> <li>▪ <i>HOW ARE GERMS SPREAD?</i></li> </ul>	<ul style="list-style-type: none"> <li>▪ COMMUNICABLE DISEASE <ul style="list-style-type: none"> <li>○ SPREAD FROM PERSON TO PERSON.</li> <li>○ HIV/AIDS</li> <li>○ INFLUENZA</li> <li>○ MALARIA</li> <li>○ HEPATITIS</li> </ul> </li> <li>▪ NON COMMUNICABLE DISEASE <ul style="list-style-type: none"> <li>○ DOES NOT SPREAD FROM PERSON TO PERSON.</li> <li>○ CARDIOVASCULAR DISEASE</li> <li>○ CANCER</li> <li>○ DIABETES</li> </ul> </li> <li>▪ TYPES OF GERMS <ul style="list-style-type: none"> <li>○ BACTERIA: <ul style="list-style-type: none"> <li>• TINY ONE-CELLED ORGANISMS THAT GROW VIRTUALLY EVERYWHERE.</li> </ul> </li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>▪ PERSONAL AND COMMUNITY HEALTH <b>BENCHMARK</b></li> </ul>	

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<p>E. IDENTIFY HEALTH PROBLEMS THAT CAN OCCUR THROUGHOUT LIFE AND DESCRIBE WAYS TO PREVENT THEM.</p> <ul style="list-style-type: none"> <li>• DISEASES</li> <li>• PREVENTIONS</li> </ul>	<ul style="list-style-type: none"> <li>▪ CANCER</li> <li>▪ DIABETES</li> <li>▪ CARDIOVASCULAR DISEASE</li> <li>▪ HEREDITY</li> <li>▪ ENVIRONMENT</li> <li>▪ HIV/AIDS</li> </ul>	<ul style="list-style-type: none"> <li>▪ <i>WHAT ARE THE CAUSES OF CHRONIC HEALTH PROBLEMS?</i></li> <li>▪ <i>WHAT ARE PREVENTION MEASURES FOR CHRONIC DISEASE?</i></li> </ul>	<ul style="list-style-type: none"> <li>• RICKETIAS</li> <li>○ VIRUSES: <ul style="list-style-type: none"> <li>• SMALLEST AND SIMPLEST FORM OF LIFE.</li> <li>• SMALL BACTERIA THAT ARE SPREAD BY THE BITES OF INSECTS.</li> </ul> </li> <li>○ FUNGI: <ul style="list-style-type: none"> <li>• SIMPLE LIFE FORMS THAT ARE UNABLE TO MAKE THEIR OWN FOOD.</li> </ul> </li> </ul> <ul style="list-style-type: none"> <li>▪ SPREADING GERMS <ul style="list-style-type: none"> <li>○ INDIRECT CONTACT</li> <li>○ DIRECT CONTACT</li> <li>○ CONTACT WITH ANIMALS</li> <li>○ OTHER CONTACT</li> </ul> </li> </ul> <p>CORE CONCEPTS</p> <ul style="list-style-type: none"> <li>▪ CHRONIC DISEASE: <ul style="list-style-type: none"> <li>○ A HEALTH CONDITION OF LONG DURATION OR FREQUENT REOCCURRENCE. <ul style="list-style-type: none"> <li>• CANCER</li> <li>• DIABETES</li> <li>• CARDIOVASCULAR DISEASE</li> </ul> </li> </ul> </li> <li>▪ COMMUNICABLE DISEASE <ul style="list-style-type: none"> <li>○ ILLNESSES CAUSED BY DIRECT AND INDIRECT CONTACT</li> </ul> </li> <li>▪ HEREDITY</li> <li>▪ ENVIRONMENT</li> </ul>	<p>PERSONAL AND COMMUNITY HEALTH</p> <p>INTRODUCTION/ BENCHMARK</p>	
<b>ENRICHMENT:</b>	JOURNAL WRITING, RELATED READING ACTIVITIES, PEER ASSISTED ACTIVITIES, INDEPENDENT PROJECTS, RESEARCH USING THE LIBRARY, INTERNET, ETC.				
<b>REMEDATION:</b>	SMALL GROUPS, PEER ASSISTANCE, ADDITIONAL INDIVIDUALIZED ASSISTANCE, VARIATION OF ACTIVITIES/ASSIGNMENTS, MODIFICATIONS AND ACCOMODATIONS.				
<b>RESOURCES:</b>	<a href="http://www.healthteacher.com">WWW.HEALTHTEACHER.COM</a> , <a href="http://www.cdc.org">WWW.CDC.ORG</a> , <a href="http://www.comprehensive-school-health-education.com">WWW.COMPREHENSIVE SCHOOL HEALTH EDUCATION/MEEKS HEIT</a> , <a href="http://kidshealth.org/teen/">HTTP://KIDHEALTH.ORG/TEEN/</a> , VARIETY OF INTERNET SOURCES AND REFERENCE BOOKS, PA STANDARDS ALIGNED SYSTEM, NATIONAL & STATE HEALTH EDUCATION STANDARDS AND SKILLS, POCONO MOUNTAIN CURRICULUM				