

Also covered in Grade	Nutrition	Also covered in Grade	Growth and Development	Also covered in Grade	Disease Prevention and Control
	1. Investigate how social and psychological factors influence eating habits	6	1. Analyze how growth and development of various body structures are affected in adolescence	6	1. Identify how to help others make positive health choices <i>GCS Grade 8</i>
4	2. Distinguish how preparation of food affects body's processing of food	4,6	2. Reinforce changes in health and hygiene during childhood/adolescence		
	3. Compare body shape/type extolled by media with real life images	6	3. Analyze how various risk taking behaviors might affect a person developmentally and socially		
	4. Research nutrition practices from various cultures	4,6	4. Reverence others in words and actions; Includes avoiding annoying words, jokes, cartoons, demeaning attitudes, intimidating and hostile conduct		
	5. Identify behaviors associated with eating disorders		5. Understand the parameters of peer sexual harassment		
6	6. Review that extreme weight conditions are both harmful to health	6	6. Identify behaviors that promote optimum growth and development <i>GCS Grade 8</i>		
	7. Compare and contrast how body systems operate <i>GCS Grade 6</i>				
	8. Investigate relationship between cost and food value <i>GCS Grade 5</i>				
	9. Investigate how diets unique to various ethnic groups affect health <i>GCS Grade 5</i>				
	10. Discover role of antioxidants and foods that contain them <i>GCS Grade 5</i>			6	Health Issues and Dangerous Substances * also in Grade 8
4,6	11. Explain how specific nutrients affect health and performance <i>GCS Grade 8</i>			6	1. Analyze signs of substance abuse both short term and long term indicators (PTO Speaker)
	12. Review relationship between health and performance <i>GCS Grade 8</i>			4,6	2. Determine how friend/family members can find help for substance abuser (PTO Speaker)
	13. Appreciate importance of meals in family, social, and religious settings <i>GCS Grade 8</i>			4,6	3. Review how drugs affect each body system as well as whole body (PTO Speaker)
4	14. Examine how proper/improper food storage affects shelf life of food <i>GCS Grade 8</i>				4. Examine the effects of steroid use (PTO Speaker)
4	15. Analyze values and dangers of fresh fruits, vegetables, meats				
	16. Analyze how economic factors influence food preparation and consumption <i>GCS Grade 6</i>				
	17. Understand that chief reason for purchase of food/products should be need <i>GCS Grade 6</i>				
	18. Investigate how local food production affects total dietary intake <i>GCS Grade 6</i>				
	Safety and First Aid				
	1. Practice 1st aid responses to choking, heart attack, shock, drug overdose				
	2. Review Heimlich maneuver and CPR				
	3. Discuss reasons accidents occur and suggest safety practices				