

HEALTH CURRICULUM

I. PERSONAL HEALTH

Health and wellness defined, wellness behaviors, decision making, personal care, safety, cancer, heart disease, strokes

II. CONSUMER AND COMMUNITY HEALTH

Choosing safe products, available community services

III. MENTAL/EMOTIONAL/SOCIAL HEALTH

Personality, emotions, relating to others, managing stress, depression, suicide

IV. SUBSTANCE ABUSE

Identification, addiction, advertising, diseases, long-term and short-term effects on the body, prevention

V. NUTRITION

Food Guide Pyramid, nutrients and minerals, nutrition labeling, eating habits, dieting, eating disorders, physical fitness

VI. HUMAN GROWTH AND DEVELOPMENT

Anatomy, contraception, STD's, AIDS, Relationships, abuse

VII. ENVIRONMENTAL HEALTH

Environmental awareness, pollution, recycling, alternative energy sources