

GRADE 6 HEALTH

Organizing Concepts	Nutrients	Food Guide Pyramid	Digestive/ Excretory Systems	Managing Weight	Mental/ Emotional Health	Stress/ Mental & Emotional Problems	Communication/ Relationships	Peer Pressure/ Refusal Skills	Conflict Resolution	Preventing Violence
Week	1	2	3	4	5	6	7	8	9	10
Topics/ Objectives	<p>What are the 6 nutrients?</p> <p>What is a Nutritional Fact Label?</p> <p>Why is it important?</p> <p>How do you read it?</p>	<p>What are the 6 food groups?</p> <p>How many servings of each should you have daily?</p> <p>What are some factors that influence people's diets?</p> <p>How does the Food Guide Pyramid help to make healthier food choices?</p> <p>Why is breakfast so important?</p> <p>Fast Food Assignment</p>	<p>How does digestion work?</p> <p>How are wastes removed from the body?</p> <p>What health habits are important for taking care of the digestive and excretory systems?</p>	<p>What weight is healthy for you?</p> <p>What are the 3 common eating disorders?</p> <p>What are some signs of each?</p> <p>What is BMI?</p> <p>How do you calculate BMI?</p> <p>Chapter 4 Assessment</p> <p>Test</p>	<p>What are some characteristics of good mental and emotional health?</p> <p>Why is it important to have high self-concept and self-esteem?</p> <p>How can you develop good mental and emotional health?</p> <p>What are emotions?</p> <p>How can you express emotions?</p> <p>How can you cope with loss?</p>	<p>What are some causes of stress?</p> <p>How does the body respond to stress?</p> <p>How can you manage stress?</p> <p>What are some categories of mental and emotional problems?</p> <p>What are some of their warning signs?</p> <p>Chapter 7 Assessment</p> <p>Test</p>	<p>How do people communicate?</p> <p>How does verbal communication differ from nonverbal communication?</p> <p>How can you develop speaking and listening skills?</p> <p>Game: Telephone</p> <p>Name different types of families</p> <p>What are some challenges that families deal with?</p>	<p>What are some situations that exemplify positive and negative peer pressure?</p> <p>What are refusal skills?</p> <p>How can you use them?</p> <p>Chapter 8 Assessment</p> <p>Test</p>	<p>What is conflict?</p> <p>What causes it?</p> <p>How can you avoid conflicts?</p> <p>What are the steps of conflict resolution?</p> <p>How can mediation help to resolve conflicts?</p>	<p>What are some causes of violence?</p> <p>How does violence affect teens?</p> <p>What can you do to prevent violence in your school or community?</p> <p>Chapter 9 Assessment</p> <p>Test</p>
Sources: Textbook: Teen Health	Chapter 4 Pages 86-92	Chapter 4 Pages 94-99	Chapter 4 Pages 102-106	Chapter 4 Pgs. 108-110	Chapter 7 Pages 186-196	Chapter 7 Pages 198-206	Chapter 8 Pages 214-223	Chapter 8 Pages 226-234	Chapter 9 Pgs. 242-250	Chapter 9 Pgs. 252-258

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Course 2										
C.C.S.	2.1	2.1, 2.2	2.1	2.1, 2.2, 2.6	2.1, 2.2	2.1	2.1, 2.2, 2.4	2.1, 2.2, 2.4	2.1, 2.2, 2.4	2.1, 2.2, 2.4