

# GRADE 7 HEALTH

<b>Organizing Concepts</b>	Nutrients	Food Guide Pyramid	Digestive/ Excretory Systems	Managing Weight	Tobacco/ Respiratory System	Addiction/ Avoiding Tobacco	Using Medicine/ Alcohol Use & Abuse	Drug Use & Abuse	Nervous System	Avoiding Alcohol & Drugs
<b>Week</b>	1	2	3	4	5	6	7	8	9	10
<b>Topics/ Objectives</b>	6 Nutrients  Nutrient Dense Foods  How to choose healthy foods  How do read a Nutritional Fact Label  Taco Bell Project  How do the food you eat affect your body?	Food Guide Pyramid  Design you own pyramids  Examine food guide pyramids  List several nutrient dense healthy snacks  Design healthy snacks you can make by mixing foods	Steps of the digestive system  Steps of the excretory system  Caring for your digestive and excretory systems  Why is fiber important to your diet?	What is BMI?  BMI Worksheets  Calculating BMI  Eating Disorders	Facts about tobacco  How does tobacco affect different body systems?  Parts of the respiratory system  How breathing works  Problems of the respiratory system	Types of addictions  Why teens begin using tobacco  How to be tobacco free  Ways to quit  How tobacco affects non-smokers  Calculate how much money an average smoker spends in 1 year on cigarettes  What would you rather do with that money?	Types of medicine  Safety  What does the information on you medicine tell you?  What is alcohol?  Harmful effects of alcohol  Drinking and Driving	What is drug abuse?  Different types of drugs and their dangers  Design a poster about drug use  Drug Reports	Parts of the nervous system  Problems with the nervous system  Caring for the nervous system  Trick of nervous system (pg. 316)	Understanding risks  Getting help  Alternatives to taking risks
<b>Sources: Textbook: Teen Health Course 2</b>	Pages 86-92	Pages 94-99	Pages 102-106	Pages 108-110 Video: Eating Disorders	Pages 272-281	Pages 282-286	Pages 298-307 Poem about drunk driving	Pages 309-312 Street drugs information books	Pages 313-316	Pages 318-323
<b>C.C.S.</b>	2.1	2.1, 2.2	2.1	2.1, 2.2, 2.6	2.1, 2.2, 2.3	2.1, 2.2, 2.3, 2.4	2.1, 2.2, 2.3, 2.4	2.1, 2.2, 2.3, 2.4	2.1, 2.2, 2.4	2.1, 2.2

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