

Teaching Unit: **Conflict Resolution**

Essential Understandings

Sometimes there are conflicts in life and there are ways to resolve them.

Sub Topic:

Knowledge and Skills

Identify a situation that is a conflict.

Be able to explain how to resolve a conflict.

Be able to describe a variety of strategies to use in resolving conflicts.

Know that there are negative and positive consequences to the choices made when dealing with other people.

Know nonverbal cues to recognizing escalating anger.

Teaching Unit: **Drug and Alcohol**

Essential Understandings

Some drugs improve health but other drugs can be harmful for our bodies.

Sub Topic:

Knowledge and Skills

Know why medicines are used and where to locate side effects

Discuss that a drug is a chemical. It can change the way your body works and the way you think.

Know the differences between a prescription drug and an over the counter drug.

Discuss responsible use of drugs and alcohol.

Know that peers, family, media can influence personal decisions about drug use.

Teaching Unit: **Nutrition**

Essential Understandings

Food labels give consumers information about nutrition.

People should be aware of the amount of fat, sugar, and salt in their diet and that too much of these substances can lead to health problems.

Sub Topic:

Knowledge and Skills

Know where a nutrition label is located on products.

Know who provides the information on food labels.

Be able to locate various information with focus on the amount of sugar, salt, and fat.

Discuss the effects of too much sugar, salt, and fat on health.

Describe how family, school, and advertising can influence choices of food and how that may impact your health.

Teaching Unit: **Body**

Essential Understandings

The human body is made up of many different organs that all work together.

Sub Topic:

Knowledge and Skills

Know that bodies are made of cells and that a cell is the smallest living part of a body.

Learn about different type of cells and learn that groups of cells that are similar will form tissue.

Learn that groups of tissue form organs.

Be able to locate various organs in the body.

Focus especially on the Heart, Brain, Lungs, Stomach/Intestines, Skeleton, and Muscles.

Know a few basic facts about the various organs.

Focus especially on the Heart, Brain, Lungs, Stomach/Intestines, Skeleton, and Muscles.

Know some basic systems of the body:

Nervous, Circulatory, Respiratory, Digestive, Skeletal, and Muscular.
