

Goodheart-Willcox Publisher Correlation of <i>Essential Health</i> ©2015 to the Mississippi 2012 Contemporary Health Grades 9-12 Framework		
COMPETENCY		CORRELATING PAGES
Unit 1 – Personal and Consumer Health		
1	Describe ways to achieve and maintain a healthy lifestyle.	7-31, 120-125, 128, 148-150, 154, 216-221, 224, 236, 243, 248-249, 491-495, 603, 665-666
2	Demonstrate the ability to use goal setting and decision making skills to enhance health.	21-24, 33-34, 121, 458, 464
3	Recognize the benefits of being a wise consumer.	14-20, 26-31, 91, 279
4	Analyze the influence of culture, media, technology, and other factors on health.	46, 48, 51-52, 56-59, 112-118, 134-137, 145-146, 271, 305, 509-511, 514
Unit 2 – Mental Health		
1	Demonstrate the ability to practice health-enhancing behaviors that contribute to positive mental health.	9, 163-164, 446-449, 463-465, 491-495
2	Describe how stress influences mental health.	473, 485-489, 494-495
3	Define functional and organic mental disorders and state controls for each.	502-512, 517-524, 301-302
Unit 3 – Family/Social Health		
1	Describe how the skills of communication, cooperation, and advocacy are essential for healthy relationships.	532-536, 542-543, 547-548, 552-554, 560-561, 580-583, 586, 648-649
2	Describe why the family is the basic social unit of society.	531, 534, 571
Unit 4 – Human Growth and Development		
1	Summarize how genetic traits are passed on from one generation to another.	42-44, 51-54, 112-113, 303, 424, 509, 593-596
2	Examine health practices to be considered before, during, and after pregnancy.	297-298, 611-616
3	Identify physical, mental, and emotional changes that occur from childhood through adolescence.	199, 204-205, 451-455, 457-461, 598-603, 663, 667-672, 673-679
4	Examine the aging process from adulthood through death.	680-693
Unit 5 – Disease Prevention and Control		
1	Recognize the causes, transfer, and control of common communicable diseases.	355, 356-359, 361-364, 365-369
2	Recognize the ways to prevent HIV infection and STDs.	385-387, 398-399
3	State causes, signs, and control of noninfectious diseases.	411-412, 415-417, 417-421, 423-429, 431-435
Unit 6 – Nutrition and Fitness		
1	Summarize how responsible food choices lead to nutritional health.	67-102, 109-110, 113-118, 120-128, 186, 243



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2	Discover the importance of fitness.	159-183, 192-194
Unit 7 – Substance Abuse Prevention		
1	Examine the health hazards of tobacco.	258-269, 282
2	Summarize the health hazards of alcohol.	287-292, 294-299, 301
3	Analyze the health hazards of drugs and benefits of medicines.	319, 324, 327-336
4	Illustrate the health hazards of inhalants.	333-335
5	Discuss refusal and intervention skills.	23, 278-279, 307, 385-386
Unit 8 – Community and Environmental Health		
1	Identify community health-care agencies, health career, and the importance of family medical records.	27, 52, 98, 230, 402, 413, 520, 582, 654, 692
2	Explain how environment affects people and how people affect the environment.	54-59, 61-62, 112-113, 115, 220, 303-305, 340, 411, 424, 477-478, 510-511, 514, 665
Unit 9 – Safety and First Aid		
1	Discuss promotion of safety and prevention of accidents	46-47, 187-190, 201, 294-295, 322, 715-724
2	Discuss and demonstrate procedures for emergency situations.	725-743