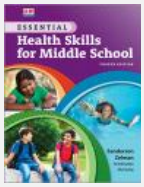
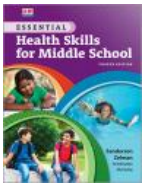
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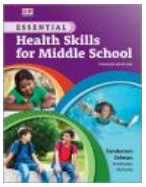
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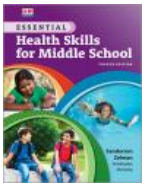
Standards	Examples	Correlating Textbook Pages
STRAND 1: Comprehension of Health Promotion and Disease Prevention Concepts		
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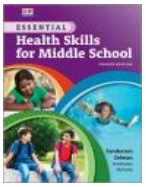
Standards	Examples	Correlating Textbook Pages
		355 Figure 6.2.7 Pedestrian Safety **Application**: 346 Reading and Notetaking Activity 358 Critical Thinking #1, 35 Develop Your Skills #2-3
PO 2. Analyze how food provides energy and nutrients for growth and development, that nutrition requirements vary from person to person, and how food intake affects health	*PO 2. Analyze and practice making healthy food choices including planning and preparing snacks and meals, assessing personal needs, and applying strategies to reach personal nutrition goals*	**Instruction**: 135-150 136 Figure 3.2.1 Key Concepts Promoted by the Dietary Guidelines 137 Figure 3.2.2 MyPlate Food Guidance 138 Figure 3.2.3 Grains 139 Figure 3.2.4 Vegetables 140 Figure 3.2.5 Seafood 141 Figure 3.2.6 MyPlate Daily Checklist 143 Figure 3.2.8 Making Healthier Food Choices 145 The Healthy Eating Journey 146 Figure 3.2.9 Recommended Daily Calorie Intake 147 Figure 3.2.10 Nutrition Facts 149 Figure 3.2.12 Eating Mindfully **Application**: 135 Reading and Notetaking Activity 144 Building Your Skills - Making Healthy Food Choices 150 Case Study - Theo's Taste in Food 151 Critical Thinking #1-2, Develop Your Skills #3
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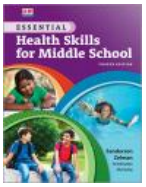
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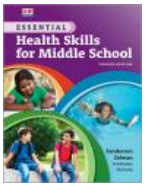
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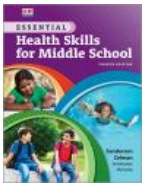
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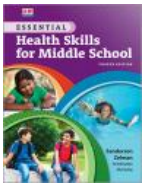
Standards	Examples	Correlating Textbook Pages
STRAND 2: Analysis of Factors Affecting Health Behaviors		
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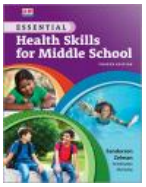
Standards	Examples	Correlating Textbook Pages
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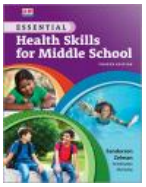
Standards	Examples	Correlating Textbook Pages
		Application: 345 Develop Your Skills #3 370 Develop Your Skills #1
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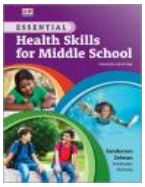
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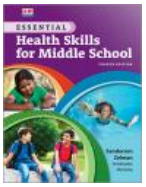
Standards	Examples	Correlating Textbook Pages
PO 2. Determine the accessibility of products that enhance health	*PO 2. Compare and contrast generic and name brand health products*	**Instruction**: 62 62 Tips for Choosing Care Products **Application**: 58 Building Your Skills - Health in the Media
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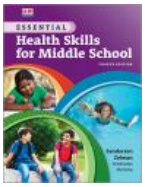
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PO 1. Identify effective conflict management or resolution strategies	*PO 1. Identify effective peer mediation skills*	**Instruction**: 399 399 Figure 7.1.12 Peer Mediation **Application**: 403 Develop Your Skills #2
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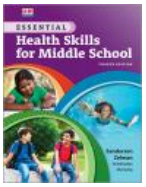
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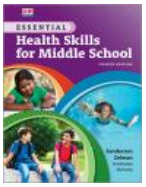
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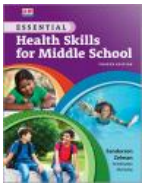
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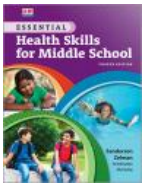
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Concept 1: Assessment of Health		
PO 1. Assess personal health practices	*PO 1. Assess your level of physical activity*	**Instruction**: 152-155, 164-168 167 Figure 3.4.3 Taking Your Pulse **Application**: 152 Reading and Notetaking Activity 154 Case Study - Walk in My Shoes: Jaquan's Story 161 Building Your Skills - My Fitness Needs 163 Critical Thinking #2-3, Develop Your Skills #1-3 164 Reading and Notetaking Activity 175 Critical Thinking #1
Concept 2: Health-Related Goal Setting		
PO 1. Develop a goal to adopt, maintain, or improve a personal health practice	PO 1. Describe ways to get physical activities in your daily routine	**Instruction**: 164-174 166 Figure 3.4.1 Going to a Park 167 Figure 3.4.2 Types of Fitness Apps 167 Figure 3.4.3 Taking Your Pulse



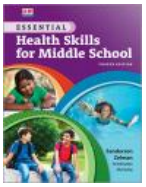
Standards	Examples	Correlating Textbook Pages
		170 Figure 3.4.4 Intensity 171 Figure 3.4.5 Record Your Progress 172 Figure 3.4.6 Warm Ups 173 Figure 3.4.7 Calculating Your Maximum and Target Heart Rates **Application**: 164 Reading and Notetaking Activity 169 Building Your Skills - Be SMART, Stay Motivated 175 Critical Thinking #1-3, Develop Your Skills #1-3
PO 2. Apply strategies and skills needed to attain a personal health goal	*PO 2. Describe the skills needed to attain a personal goal*	**Instruction**: 23-24, 149, 168-171 24 Figure 1.3.2 Setting SMART Goals 170 Figure 3.4.4 Intensity 171 Figure 3.4.5 Sample Tracking Report **Application**: 34 Develop Your Skills #2 161 Building Your Skills - My Fitness Needs 169 Building Your Skills - Be SMART, Stay Motivated 175 Critical Thinking #1
PO 3. Describe how personal health goals can vary with changing abilities, priorities, and responsibilities	*PO 3. Describe the components of a physical activity program based on life changes*	**Instruction**: 165-174 167 Figure 3.4.2 Types of Fitness Apps 167 Figure 3.4.3 Taking Your Pulse 170 Figure 3.4.4 Intensity 171 Figure 3.4.5 Record Your Progress 172 Figure 3.4.6 Warm Ups 173 Figure 3.4.7 Calculating Your Maximum and Target Heart Rates **Application**: 161 Building Your Skills - My Fitness Needs 164 Reading and Notetaking Activity 169 Building Your Skills - Be SMART, Stay Motivated



Standards	Examples	Correlating Textbook Pages
STRAND 7: Ability to Practice Health-Enhancing Behaviors		
Concept 1: Personal Responsibility for Health		
PO 1. Explain the importance of assuming responsibility for personal health behaviors	*PO 1. Recognize the difference between a healthy vs. unhealthy snack*	**Instruction**: 129-130, 136-146 130 Figure 3.1.7 Fats in Your Diet 136 Figure 3.2.1 Key Concepts Promoted by the Dietary Guidelines 137 Figure 3.2.2 MyPlate Food Guidance 141 Figure 3.2.6 MyPlate Daily Checklist 143 Figure 3.2.8 Making Healthier Food Choices **Application**: 144 Building Your Skills - Making Healthy Food Choices 145 The Healthy Eating Journey 151 Develop Your Skills #3
Concept 2: Healthy Practices and Behaviors		
PO 1. Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others	*PO 1. Demonstrate good decision making skills related to behaviors that can cause oral health problems (e.g., mouth piercing, tobacco use)*	**Instruction**: 21-23, 60-61, 68-72, 286, 288, 321-322, 326 23 Figure 1.3.1 The Decision Making Process 61 Figure 2.1.6 Risks of Body Art 68 Figure 2.2.1 How Can You Protect Your Oral Health 69 Figure 2.2.2 How to Brush Your Teeth and How to Floss 288 Figure 5.3.8 Health Risks of Smokeless Tobacco 321 Figure 5.6.2 Strategies for Saying No to Substances 322 Figure 5.6.3 Analyzing Advertisements 326 Staying Substance Free **Application**: 21 Reading and Notetaking Activity 34 Critical Thinking #3 72 Building Your Skills - Caring for Your Mouth, Eyes, and Ears 282 Reading and Notetaking Activity 330 Critical Thinking #2



Standards	Examples	Correlating Textbook Pages
		See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health **Instruction**: 17 17 Figure 8.2.4 Using the Decision Making Process **Application:** 18 Building Your Skills - Peer Pressure Throughout the Life Span
PO 2. Demonstrate behaviors that avoid or reduce health risks to self and others	*PO 2. Examine the effects of alcohol use*	**Instruction**: 295-304 296 Figure 5.4.1 Alcohol Can Lead to Death 298 Figure 5.4.4 Effects of Alcohol on Brain Function 299 Figure 5.4.5 Signs of Alcohol Poisoning 300 Figure 5.4.6 Chronic Diseases 302 Figure 5.4.7 Social and Academic Consequences of Drinking 303 Figure 5.4.8 Alcohol's Effects on the Central Nervous System **Application**: 295 Reading and Notetaking Activity 301 Case Study - Kara's Babysitting Conundrum 305 Develop Your Skills #3
STRAND 8: Ability to Advocate for Health		
Concept 1: Personal Advocacy		
PO 1. State a health enhancing position on a topic and support it with accurate information	*PO 1. Explore dangers of steroid use*	**Instruction**: 277, 279 **Application**: 281 Develop Your Skills #3
PO 2. Demonstrate how to influence and support others to make positive health choices	*PO 2. Recognize the safe use of technology including social networking websites*	**Instruction**: 347, 350-353 347 Figure 6.2.1 Potentially Dangerous Places in Your Community 351 Figure 6.2.4 Examples of Personal Information



Standards	Examples	Correlating Textbook Pages
		352 Staying Safe on Social Media 353 Figure 6.2.5 Thinking Before You Post **Application**: 346 Reading and Notetaking Activity 350 Case Study - Brianna's Social Media Challenge 358 Develop Your Skills #1-3
Concept 2: Collective Advocacy		
PO 1. Demonstrate how to work cooperatively to advocate for healthy individuals, families, and schools	*PO 1. Describe the benefits of community volunteering in health related organizations, e.g., Heart Association*	**Instruction**: 31-33 31 Figure 1.3.9 Parts of a Community 33 Figure 1.3.10 Examples of Community Resources **Application**: 34 Critical Thinking #1, Develop Your Skills #1
Concept 3: Tailoring Advocacy Message to Audience		
PO 1. Identify ways in which health messages and communication techniques can be altered for different audiences	*PO 1. Distinguish between positive and negative health product advertising*	**Instruction**: 27-30 27 Figure 1.3.5 Health Literacy 28 Figure 1.3.6 Medically Accurate Information 29 Figure 1.3.7 Valid Information Online 30 Figure 1.3.8 Health and Safety Information **Application**: 21 Reading and Notetaking Activity Critical Thinking #2 58 Building Your Skills - Health in the Media