Health – High School – 6-10 Weeks Last Updated: 2/1/2024

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| NYS Performance Indicators | Objectives | Text Resources | Resources (Suggested Activities) | Cross-Curriculum Connections | Assessment Items |
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| [HPF.HE.1.1](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf) | What is Nutrition?   * Define Nutrition * Identify and understand the six types of nutrients | Goodheart-Willcox 2023  Lesson 8.1 | Check Your Health Skills  (pg. 246) | Biology | Personal Inventory Survey |
| [HPF.HE.1.1](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf) | * Identify sources of each nutrient. | Goodheart-Willcox 2023  Lesson 8.1 | Warm Up Activity “The Winning Nutrient” pg. 248  Types and Functions of Vitamins and Minerals pg. 252-254 |  | Types and Functions of Vitamins and Minerals Chart |
| [HPF.HE.1.4](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf) | * Assess the important of water | Goodheart-Willcox 2023  Lesson 8.1 | Water Self-Assessment |  | Lesson 8.1 Review Quiz |
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| [RM.HE.1.1](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf) | Establishing a Healthy Eating Pattern     * Interpret key concepts from the Dietary Guidelines for Americans | Goodheart-Willcox 2023  Lesson 8.2 | Warm Up Activity pg. 256 |  | Journal Entry |
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| [HPF.HE.1.1](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf) | | * Identify what a calorie is | Goodheart-Willcox 2023  Lesson 8.2 | Recommended Daily Calorie Intake Chart pg. 261-262 |  | Internet and Phone App Resources |
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| [RM.HE.1.4](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf) | | * Summarize recommendations from the MyPlate food guidance system | Goodheart-Willcox 2023  Lesson 8.2 | Choosemyplate.gov pg. 257-260 | Technology | Choosemyplate.gov  Assignment |
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| [SHE.ME.1.3](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf) | | Choosing and Preparing Nutritious Foods   * Analyze influences on food choices * Interpret the information on Nutrition Facts and food labels | Goodheart-Willcox 2023  Lesson 8.3 | Analyze a Food Label Activity pg. 274 | Math | Analyze a Food Label Worksheets |
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| [HPF.HE.1.2](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf) |  | * Assess claims on food labels * Follow a recipe to prepare nutritious foods * Prepare foods safely to prevent foodborne illness | Goodheart-Willcox 2023  Lesson 8.3 | Reading Real Labels Activity pg. 274-278 | Math | Lesson 8.3 Review Quiz |
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| [HPF.HE.1.4](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf) |  | Managing Your Weight   * Summarize the different factors that influence weight | Goodheart-Willcox 2023  Lesson 8.4 | Warm-up activity pg. 280 |  | Health and Wellness IQ pg. 280-282 |
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| [SHE.HE.1.1](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf) |  | * Explain different strategies for measuring and determining ideal body weight | Goodheart-Willcox 2023  Lesson 8.4 | BMI Chart pg. 282-283 | Math | BMI Self-Assessment |
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| [HPF.HE.1.3](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf) |  | * Differentiate between healthy and unhealthy strategies of weight management | Goodheart-Willcox 2023  Lesson 8.4 | Food Diary pg. 289 | Math | Lesson 8.4 Review |
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| [HPF.HE.1.4](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf) |  | * Understand factors that influence body weight | Goodheart-Willcox 2023  Lesson 8.4 | Change Your Thoughts pg. 290 | Social Studies | Lesson Review |
|  | . |  |  |  | Economics |  |
| [RM.HE.1.1](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf) |  | * Differentiate between healthy and unhealthy strategies of weight management * Identify health strategies for weight loss | Goodheart-Willcox 2023  Lesson 8.4 | Fad Diets Research Activity |  | Chapter Quiz |
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| [RM.HE.1.1](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf) |  | * Describe health strategies for weight gain | Goodheart-Willcox 2023  Lesson 8.4 | Hands on Skills Activity pg. 295  Chart App |  | Chapter Quiz |
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| [RM.HE.1.2](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf) | | Having a Healthy Body Image   * Define body image * Assess how some athletic activities influence a person’s body image | Goodheart-Willcox 2023  Lesson 9.1-9.3 | Practice Your Skills pg. 300 |  | Lesson Review |
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| [HPF.HE.1.2](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf) | | Understanding Physical Activity and Fitness | Goodheart-Willcox 2023 | Check Your Health and Wellness Skills Assessment |  | Lesson Review |
|  |  | * Contrast physical activity and exercise | Lesson 10.1 |  |  |
| [HPF.HE.1.2](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf) | | * Analyze the benefits of physical activity on physical health | Goodheart-Willcox 2023  Lesson 10.1 | Warm Up Activity |  | Practice Your Skills |
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| [HPF.HE.1.2](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf) |  | * Differentiate between health-related and skill-related fitness | Goodheart-Willcox 2023  Lesson 10.1 | Vocabulary – Aerobic, Anaerobic, Cardiovascular, Strength, Flexibility and Agility |  | Lesson Review |
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| [RM.HE.1.4](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf) |  | Getting Enough Physical Activity   * Determine and monitor desired target heart rates | Goodheart-Willcox 2023  Lesson 10.2 | THR activity |  | Lesson Review |
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| [HPF.HE.1.3](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf) |  | * Develop a personal fitness plan | Goodheart-Willcox 2023 | Create a Personal Fitness Plan |  | Project- Design a Personal Fitness Plan for One Week |
|  |  |  | Lesson 10.2 |  |  |
| [SHE.HE.1.1](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf) |  | Staying Safe During Physical Activity   * Apply guidelines to prevent injuries from physical activity * Describe ways to reduce health conditioning and injuries that can result from physical activity | Goodheart-Willcox 2023  Lesson 10.3 | Warm Up Activity – Staying Safe |  | Lesson Review |
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# Vocabulary

Health Ed, Wellness, Prevention, Risk Factors, Health Literacy, Health Influences, Heredity, Environment, Suicide, Stress, Eustress, Personality, Feedback, Mental Disorders, Mental Illness, Stressor, Distress, Defense Mechanism, Emotions, Stress Response, Coping Strategies, Psychiatrist, Disorders, Psychologist, Neurologists, Domestic Violence, Conflict Resolution, Mediation, Abuse, Sex, Assault, conflict, Tolerance, Homicide, Rape, "One Drink", Alcoholism, Addiction, Tolerance, Stimulant, Proof, FAS, Use/Abuse, DWI/DWAI/DUI, Withdrawal, Depress, Hallucinogen, Cirrhosis, Binge Drinking, Alcohol Poisoning, Illicit, OTC, Prescription, Designer, Therapeutic Coma, Nicotine, Carcinogen, Tar, Smokeless Tobacco, Emphysema, Chronic Bronchitis, Leukoplakia, Cancer, 2nd Hand Smoke, Nicotine Substitutes, Nutrition, FAD Diet, Obese, Cal, FIT Principle, 5 Components of Fitness, Nutrients, Overweight, Physical Fitness, Over training, Aerobic/Anaerobic, Sedentary Lifestyle, THR, Appetite/Hunger, RDA, BMI, Type 1 Diabetes, Type 2 Diabetes, Cancer, STD, Heart attack, Stroke, CVD, Pathogens, Infectious diseases, Lifestyle diseases, HIV/AIDS, Non-infectious, Vaccine, Epidemic, Carcinogen, Tumor, Hormones, Relationship, Communication, Values, Menopause, Maturity

# Web Resources

[healthcentral.com](http://healthscout.com/)

[nih.gov](http://nih.gov/)

[mayoclinic.com](http://mayoclinic.com/)

[webmd.com](http://webmd.com/)

nami.org

[nationeatingdisorders.org](http://nationeatingdisorders.org/)

[nmha.org](http://nmha.org/)

[nostigma.org](http://nostigma.org/)

[afsp.org](http://afsp.org/)

[safeyouth.org](http://safeyouth.org/)

[al-anon.alateen.org](http://al-anon.alateen.org/)

[tobaccofreekids.org](http://tobaccofreekids.org/)

Tobaccofree.org

[drugfree.org](http://drugfree.org/)

[drugabuse.gov](http://drugabuse.gov/)

[clubdrugs.org](http://clubdrugs.org/)

[steroidabuse.org](http://steroidabuse.org/)

[cdc.gov/tobacco](http://cdc.gov/tobacco)

[tobaccofreekids.org](http://tobaccofreekids.org/)

smokefree.gov

[eatright.com](http://eatright.com/)

[nutrition.gov](http://nutrition.gov/)

choosemyplate[.gov](http://mypyramid.gov/)

[fittness.gov](http://fitness.gov/)

healthdiscovery.net, [cdc.gov](http://cdc.gov/)

[webmd.com](http://webmd.com/)

[www.cancer.org](http://www.cancer.org/)

[www.americanheart.org](http://www.americanheart.org/)

[heartinfo.org](http://heartinfo.org/)

[www.aids.org](http://www.aids.org/)

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[www.diabetes.org](http://www.diabetes.org/)

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[www.parenting.org](http://www.parenting.org/)

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[www.parenting.com](http://www.parenting.com/)

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