

Sixth Grade
Medina County Schools'
Course of Study
For
Health
2004

STANDARD 1: NUTRITION

Instructional Organization	Instructional Indicators	Resource/Instructional Activity
H-6-N-1	1. Explain how a balance of food consumption (nutrition) and energy expenditure (exercise) contribute to better health.	
H-6-N-2	2. Describe eating habits that will promote a healthy cardiovascular system.	
H-6-N-3	3. Analyze the nutrition information on food labels and identify heart healthy foods.	
H-6-N-4	4. Examine economic factors that affect the health and nutrition of people around the world.	

STANDARD 2: ALCOHOL, TOBACCO AND OTHER

Instructional	Instructional Indicators	Resource/Instructional Activity
H-6-ATOD-1	1. Demonstrate different ways to resist peer pressure and say “no” to alcohol, tobacco, and drugs.	Write an Editorial Summarizing the Harmful Effects of Alcohol
H-6-ATOD-2	2. Analyze advertising strategies used to sell different alcohol and tobacco products.	
H-6-ATOD-3	3. Summarize the harmful effects of alcohol from different perspectives (e.g., physical, social, emotional health).	
H-6-ATOD-4	4. Describe the short-term consequences of tobacco use, and recognize the long-term consequences of tobacco addiction.	

STANDARD 3: GROWTH AND DEVELOPMENT

Instructional Organization	Instructional Indicators	Resource/Instructional Activity
H-6-G&D-1	1. Identify the physical growth and developmental changes that occur during puberty.	<u>Classroom</u> Morely Health Center Family Living Unit
H-6-G&D-2	2. Examine the different social and emotional changes related to puberty and adolescent changes.	<u>Life Science Indicator #6:</u> Describe that in sexual reproduction an egg and sperm unite and some traits come from each parent, so the offspring is never identical to either of its parents.
H-6-G&D-3	3. Compare and contrast the difference between the male and female reproductive systems.	<u>Life Science Indicator #7:</u> Recognize that likenesses between parents and offspring are inherited. Other likenesses are learned.
H-6-G&D-4	4. Set realistic expectations for growth changes.	

STANDARD 4: DISEASE PREVENTION AND CONTROL

Instructional Organization	Instructional Indicators	Resource/Instructional Activity
H-6-DP&C-1	1. Identify the causes and risks of selected communicable diseases.	<u>Classroom</u> <u>Earth Science Indicator #6:</u> Investigates ways Earth's renewable resources (e.g., fresh water, air, wildlife and trees) can be maintained.
H-6-DP&C-2	2. Interpret the emotional and social consequences that occur when an individual contracts disorders and diseases.	
H-6-DP&C-3	3. Practice the benefits of responsible decision making in different situations.	<u>Life Science Indicator #4:</u> Summarizes that organisms can survive only in ecosystems in which their needs can be met (e.g., food, water, shelter, air, carrying capacity and waste disposal). The world has a different ecosystems and distinct ecosystems support the lives of different types of organisms.
H-6-DP&C-4	4. Identify and use ways to communicate feelings associated with grief, relocation, divorce, disappointments or loss.	

**STANDARD 5: CONFLICT MANAGEMENT AND
INJURY PREVENTION AND CONTROL**

Instructional Organization	Instructional Indicators	Resource/Instructional Activity
H-6-CM&IPC-1	1. Identify constructive and destructive stress.	
H-6-CM&IPC-2	2. Describe positive and negative choices for coping with stress during puberty.	
H-6-CM&IPC-3	3. Discover sources of reliable information to promote safety in a variety of environments.	
H-6-CM&IPC-4	4. Explore levels of peer pressure and peer refusal techniques.	
H-6-CM&IPC-5	5. Discover non-violent conflict resolution strategies.	