

## Health Education Today – Unit Outline



**Here are a few of the detailed activities included:**

### **NUTRITION AND HUMAN BODY:**

1. "I will learn how to eat healthy from all the food groups."

- -MyPlate program background info and websites
- -"Food Groups Game"
- -Fun food group guessing worksheet

2. "I will understand the connection between calories and exercise."

- -Understanding calories
- -Calories videos
- -Calories in different activities puzzle

3. "I will learn how to read a food label." ★ NEW U.S.D.A FOOD LABELS! ★

- -Analyzing products
- -Free "Food Label Reading Full Lesson" link
- -"Food Product Scavenger Hunt"

4. "I will understand that nutrients give us energy."

- -Background information website
- -Videos
- -Food groups guessing game
- -"Interactive Tennis Shoe" activity

5. "I will learn and practice how to be fit for life!"

- -What does the quote mean?
- -Video
- -Healthy Eating" and "Physical Activities" check-off tracking sheets
- -Optional "Fuel Up to Play 60" program

6. "I will practice taking responsibility for my own health."

- -Healthy choices discussion
- -"Brushing Teeth" video
- -"Self Check-off Sheet"
- -More optional videos!

7. "I will learn how bones and muscles work together to help us move."

- -"Human Body Quiz"
- -Interactive "Put the Skeleton Back Together"
- -Try these exercises...
- -Interactive "Muscle Cut Out" activity

## **HEALTH AND WELLNESS:**

8. "I will protect myself from communicable diseases by washing my hands."

- -"Washing Hands Song"
- -Fun body functions videos!
- -"Happy Birthday Letter Match Activity"

## **FAMILY HEALTH AND SAFETY:**

9. "I will learn how to be safe from strangers."

- -When to, and when not to be afraid of strangers
- -Website suggestions
- -"Stoop Light" activity
- -Optional "Stranger Danger" posters

10. "I will learn how to recognize stranger danger."

- -Role-playing stranger danger with parents/guardians
- -Optional "Safety Posters"
- -Optional "Stranger Danger" videos

11. "I will know how to contact my family in an emergency."

- -"Emergency scenarios"
- -"Creating Emergency Cards Activity"

12. "I will learn how family members can help each other be healthy."

- -Silly body functions challenges!
- -Genetics facts
  - How family members help each other out
- -"Helping Family Members Scenarios"

#### **SUBSTANCE USE:**

13. "I will learn the dangers of tobacco."

- -"True/False Tobacco Quiz"
- -"Test Your Tobacco I.Q."
- -"Tobacco Quiz Cut Out Activity"

14. "I will learn how drugs can take over a person's life."

- -How lives can change with drug use!
- -"Drugs Do You" poster activity

#### **SOCIAL EMOTIONAL HEALTH AND WELLNESS:**

15. "I will learn about stress and how to relieve it."

- -The 3 "Outs" to relieve stress
- -Videos
- -"Put a Lid on Stress Interactive Trunks"

16. "I will learn how to have positive self-esteem."

- -The importance of positive self-esteem
- -"I am Special" video
  - a cute video on being different!
- -"Thumbprint Project"

17. "I will understand what 'emotional health' is."

- -Discuss "Emotional Health"
- -"Calming Down" video
- -"Choosing Emotions" worksheet

18. "I will learn how to analyze media messages."

- -5 Questions to ask When Seeing an Ad
- -De-coding ads fun!
- -"Ads Around the Room" activity
- -Optional: Create your own ads!

19. "I will recognize important social skills."

- -Body language and social skills!
- -"Social Skills Survey"
- -Videos
- -"Social Skills Worksheet"

20. "I will learn how to meet new friends."

- -How to make a new friend brainstorm
- -"Friendship Quilt" activity

21. "I will understand the importance of showing 'Empathy' for others."

- -Understanding "Empathy"
- -Empathy video
- -"A Walk in Their Shoes" scenarios activity

22. "I will learn how friends can help each other make responsible decisions."

- -What is "Peer Pressure?"
- -How "Peer Pressure" can be positive!
- -Optional videos on peer pressures
- -"Do's and Don'ts Worksheet"

23. "I will learn that bullying hurts people and my words can do good instead!"

- -How "Our Words Have Power" discussion
- -Bullying and "Bully Rap" song
- -"Beat the Bully Game"
- -"Heart Worksheet"

### **DECISION-MAKING:**

24. "I will learn the "WHO" decision-making model."

- -Tips on making healthy decisions
- -The "WHO" decision-making model

25. "I will learn how to develop healthy habits for life."

- -Healthy habits videos
- -"Healthy Habits Cut Outs"

### **REVIEW AND FINAL ASSESSMENT:**

26. "I will review this year's health topics by decoding messages!"

- -Reviewing topics from the year!
- -“De-Coding the Healthy Message!”
- -Motivating videos!

27. "I will show what I learned in Health this year by taking this final assessment."

- -10 great websites for kids
- -Final "Health Assessment"

★ 25 of the BEST COOPERATIVE GAMES now included!