

7th Grade Health

		Level	
HE.7.1.01	list the six essential nutrients; determine their sources and functions.		
	list the six essential nutrients	1	
	<ul style="list-style-type: none"> Determine sources of each essential nutrient 	1	
	<ul style="list-style-type: none"> Examine the functions of each essential nutrient 	2	
HE.7.1.02	analyze the effects of risky behaviors on body systems and general wellness (e.g., substance abuse, smoking).	2	
HE.7.1.03	describe the anatomy and functions of the reproductive system.		
	<ul style="list-style-type: none"> describe the anatomy of the male reproductive system 	1,2	
	<ul style="list-style-type: none"> describe the anatomy of the female reproductive system 	1,2	
	<ul style="list-style-type: none"> Describe the functions of the male reproductive system 	1,2	
	<ul style="list-style-type: none"> Describe the functions of the female reproductive system 	1,2	
HE.7.1.04	identify general symptoms and potentially long-term health consequences of STDs.		
	<ul style="list-style-type: none"> identify general symptoms of STDs 	1	
	<ul style="list-style-type: none"> identify potentially long-term health consequences of STDs 	1,2,3	
HE.7.1.05	demonstrate first aid procedures (e.g., CPR, control bleeding, airway obstructions, fractures).	2	
HE.7.1.06	describe ways to maintain and improve emotional, intellectual, physical, social, and spiritual health (e.g., wellness, positive thinking).	1	
HE.7.2.01	compare and contrast the influence of cultural beliefs on health behaviors (e.g., nutrition, hygiene, medical treatment, ATOD use).	1,2	
HE.7.2.02	debate how messages from the media can influence health behaviors (e.g., advertising techniques).	2,3	
HE.7.2.03	describe the impact of bullying and identify necessary coping skills.		
	<ul style="list-style-type: none"> Describe the impact of bullying 	1	
	<ul style="list-style-type: none"> Identify necessary coping skills of being bullies 	1	
HE.7.2.04	recognize the importance of respecting individual differences (e.g., race, religion, size, age, sex).	1	
HE.7.2.05	analyze media messages about alcohol, tobacco, and other drugs (e.g., “beer” and other alcohol commercials,	2	

	medication).		
HE.7.2.06	analyze the influence that advertisers have on consumer choices (e.g., tobacco and alcohol use, clothing styles, makeup).	2	
HE.7.2.07	evaluate how peers, schools, and communities can impact personal health practices and behaviors (e.g., PTA, scouting and other youth organizations).	2	
HE.7.2.08	examine the influence of the family on the health of adolescents (e.g., smoking, drinking, drug use, meal plans).	2	
HE.7.3.01	evaluate the costs of health information, products and services. (e.g., compare/contrast products, insurance, internet purchases)	2	
HE.7.3.02	recognize valid health information found in the home, school, and community (e.g. literature, hospital brochures).	1	
HE.7.3.03	appraise the accessibility of products that enhance health. (e.g., age requirements, internet, community access)	1	
HE.7.3.04	list situations that require professional and community health services. (e.g., accidents, illnesses, health maintenance).	1	
HE.7.3.05	utilize personal and hereditary data to determine medical care needs (e.g., health screenings, nutritional guidelines).	1,2	
HE.7.3.06	identify myths, misinformation and stereotyping associated with health services (e.g., quackery, false advertising).	1	
HE.7.4.01	analyze effective verbal and non-verbal communication skills to enhance health (e.g., body language, restating, individual/group conversation).	2,3	
HE.7.4.02	explain how character and personality affect the perception of one's ability to communicate (e.g., confident = aggressive; shy = passive).	2	
HE.7.4.03	demonstrate a variety of positive coping mechanisms/conflict resolution skills (e.g., peer mediation, on-violent strategies to deal with upset feelings and difficult situations).	2	
HE.7.4.04	give examples of refusal and negotiation skills to avoid health risks (e.g., say no, avoid risks, give excuses).	2	
HE.7.4.05	discuss ways one can develop healthful family relationships (e.g., share with siblings, chores, spend time together).	1,2	
HE.7.4.06	list steps that can be taken to improve dysfunctional family relationships (e.g., Alanon, counselor, trusted adults, try to get along).	1,2	
HE.7.4.07	demonstrate how to call for help in an emergency. (e.g., 911, teacher, neighbor).	1,2	
HE.7.4.08	list communication skills to build and maintain healthy relationships (e.g., listening, body language, patience)	1	
HE.7.5.01	apply the USDA Dietary Guidelines and Food Pyramid in meal planning.		

	<ul style="list-style-type: none"> • apply the USDA Dietary Guidelines in meal planning 	2,3	
	<ul style="list-style-type: none"> • Apply the food pyramid in meal planning 	2,3	
HE.7.5.02	discuss the consequences of poor nutritional choices (e.g., eating disorders) for self and others (e.g., families, babies).	1,2	
HE.7.5.03	illustrate situations and practice skills requiring decisions with alcohol, tobacco and other drugs.		
	<ul style="list-style-type: none"> • illustrate situations requiring decisions with alcohol, tobacco and other drugs. 	4	
	<ul style="list-style-type: none"> • practice skills requiring decisions with alcohol, tobacco and other drugs. 	4	
HE.7.5.04	apply the steps of a decision-making process to solve a problem.	2	
HE.7.5.05	differentiate between healthy and unhealthy alternatives when making decisions.		
	<ul style="list-style-type: none"> • Identify healthy alternatives when making decisions 	1	
	<ul style="list-style-type: none"> • Identify unhealthy alternatives when making decisions 	1	
HE.7.6.01	develop personal health practices (e.g., diet, exercise, sleep, relationships, drug-free).	2	
HE.7.6.02	explain how the goal setting process is important when planning future events (e.g., college, marriage, job).	2	
HE.7.6.03	create and develop a personal health goal.		
	<ul style="list-style-type: none"> • Create a personal health goal 	2	
	<ul style="list-style-type: none"> • Develop a personal health goal 	2,3	
HE.7.6.04	discuss how time may change personal health goals. (e.g., change of schools, getting older, new interests, family alteration)	1,2	
HE.7.7.01	Discuss risky or harmful behaviors that may occur in relationships (e.g., abuse, date rape, sexual activity).	1,2	
HE.7.7.02	analyze the differences between safe and risky behaviors, including methods for preventing pregnancy and STDs (e.g., abstinence , birth control, disease control).	1	
HE.7.7.03	dramatize protective behaviors used to avoid and reduce threatening situations (e.g., anger, bullying, harassment).	1,2	
HE.7.7.04	identify strategies to reduce stress, anxiety and depression.	1	
HE.7.7.05	establish good health practices to improve personal and family health (e.g., hygiene, nutrition, food preparation).	1,2	
HE.7.8.01	advocate to their family to work cooperatively for healthy lifestyles (e.g., exercise together, diet plans, food preparation, spend time together).	2	
HE.7.8.02	examine methods how communication techniques are altered for different audiences.		
	<ul style="list-style-type: none"> • Examine methods of communication techniques 	1	
	<ul style="list-style-type: none"> • examine methods how communication techniques are altered for different audiences 	1,2	

HE.7.8.03	explain why making positive health choices will influence others.		
	<ul style="list-style-type: none">• Describe positive health choices	1	
	<ul style="list-style-type: none">• Explain how positive health choices will influences others	1,2	