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# 5-8 Health/Family & Consumer Science

— Lauren Singer —

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# National Health Education Standards

**Standard 1:** Students will comprehend concepts related to health promotion and disease prevention to enhance health.

**Standard 2:** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

**Standard 3:** Students will demonstrate the ability to access valid information and products and services to enhance health.

**Standard 4:** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

**Standard 5:** Students will demonstrate the ability to use decision-making skills to enhance health.

**Standard 6:** Students will demonstrate the ability to use goal-setting skills to enhance health.

**Standard 7:** Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

**Standard 8:** Students will demonstrate the ability to advocate for personal, family, and community health.

# Schedule



- I teach 5-8 Health/Family and Consumer Science
- I teach 5 different 7th and 8th grade classes twice a week for the whole year
- I meet with 6th grade four times a week for a quarter
- I meet with 5th grade three times a week for a quarter
- All of my classes are 40 minutes

# 8th Grade Topics

## Mental and Emotional Health

Identify and recognize your personal stressors

Stress reduction techniques

Mental Health Awareness

## High School Preparation

What to expect in high school

Information about classes/requirements

Information about the Barre Technical center

## Body Image and Eating Disorders

Identify unrealistic body expectations

Understand common eating disorders:  
causes & treatment

Recognize media influences on body image

## Personal Choices and Relationships

Human Sexuality Education

\*A parent letter will be distributed  
explaining class specifics

## Advanced Nutrition Concepts

MyPlate Food Guide

Personal dietary analysis

Kitchen & food safety skills and review

Cooking with local products



# 7th Grade Topics

## PLP (Personal Learning Plan)

*Naviance* software use

Goal setting and how to achieve those goals

Planning for the future

Career Readiness

## Lifeline's Suicide Prevention

Facts about suicide, including warning signs

How to help a friend in need

Resources for support

## Substance Abuse Education

*Project Alert* curriculum

Consequences of drug use

Sources of pressure to use drugs

Effective ways to resist pressure

## Media Literacy

Advertising strategies

Become a “smart consumer”

Create and advertising campaign  
for an original product

## Bullying

What is Bullying

Cyberbullying

Reasons why someone might bully

Safe ways to stop bullying



# 6th Grade Topics

## Skills for Success

*Life Skills Training* curriculum

Communication skills

Decision making skills

Consequences of drug use

Healthy relationships with family and friends

Peer Pressure

Defining and preventing bullying

## Puberty Education

*Know Your Body* curriculum

Body changes

Emotional, mental, and physical development

\*A parent letter will be distributed explaining class specifics

## Introduction to Food and Nutrition

*MyPlate* overview

Safe food handling practices

Kitchen safety skills

Food Labs



**KEEP  
CALM  
BECAUSE**

**6th GRADE  
ROCKS**



Granola Bar Bites



Ranch Oyster Crackers



Carrot Chips

# 5th Grade Topics

## Skills for Success

*Life Skills Training* curriculum

Building self-esteem

Consequences of tobacco use

Goal-setting and decision making

Conflict resolution skills

## Puberty Education

*Puberty: The Wonder Years* curriculum

\*A parent letter will be distributed explaining class by class specifics

## Introduction to Food and Nutrition

*MyPlate* overview

Safe food handling practices

Kitchen math and measurement techniques

Kitchen safety skills

Food Labs- healthy snacks







Apple Smiles



Grape Critters



Yogurt Parfait

# Questions?

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**Thank You**