5-8 Health/Family & Consumer Science

Lauren Singer
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.
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

Body Image and Eating Disorders
Identify unrealistic body expectations
Understand common eating disorders: causes & treatment
Recognize media influences on body image

High School Preparation
What to expect in high school
Information about classes/requirements
Information about the Barre Technical center

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

Media Literacy
Advertising strategies
Become a “smart consumer”
Create and advertising campaign for an original product

Lifeline’s Suicide Prevention
Facts about suicide, including warning signs
How to help a friend in need
Resources for support

Bullying
What is Bullying
Cyberbullying
Reasons why someone might bully
Safe ways to stop bullying

Substance Abuse Education
Project Alert curriculum
Consequences of drug use
Sources of pressure to use drugs
Effective ways to resist pressure

7th Grade
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
Granola Bar Bites

Carrot Chips

Ranch Oyster Crackers
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

Introduction to Food and Nutrition
*MyPlate* overview
Safe food handling practices
Kitchen math and measurement techniques
Kitchen safety skills
Food Labs- healthy snacks

Puberty Education
*Puberty: The Wonder Years* curriculum

*A parent letter will be distributed explaining class by class specifics*
Apple Smiles

Yogurt Parfait

Grape Critters
Questions?
Thank You