

# Oakwood City School District

## Health - Seventh Grade

### Health - Seventh Grade

#### MENTAL AND EMOTIONAL HEALTH

- Express feelings in a healthy way.
- Engage in activities that are mentally and emotionally healthy.
- Prevent and manage interpersonal conflict in healthy ways.
- Prevent and manage emotional stress and anxiety in healthy ways.
- Get help for troublesome thoughts, feelings, or actions for oneself and others.
- Show tolerance and acceptance of differences in others.
- Establish and maintain healthy relationships.
- Describe characteristics of a mentally and emotionally healthy person.
- Explain the interrelationship of physical, mental, emotional, social and spiritual health.
- Explain appropriate ways to express needs, wants, emotions, and feelings.
- Describe role models that demonstrate positive mental and emotional health.
- Summarize the benefits of talking with parents and other trusted adults about feelings.
- Describe a variety of appropriate ways to respond to stress when angry or upset.
- Describe how sharing or posting personal information electronically about self or others on social media sites (e.g., chat groups, e-mail, texting, websites, phone and tablet applications) can negatively impact mental and emotional health.
- Explain why it is important to understand the perspectives of others in resolving interpersonal conflicts.
- Explain causes and effects of stress.
- Describe personal stressors at home, in school, and with friends.
- Explain positive and negative ways of dealing with stress.
- Explain how the expression of emotions or feelings can help or hurt oneself and others.
- Examine the importance of being aware of one's own feelings and of being sensitive to the feelings of others.
- Explain how intolerance can affect others.
- Explain the benefits of living in a diverse society.
- Explain why it is wrong to tease or bully others based on their body type or other personal characteristics.
- Describe characteristics of healthy relationships.
- Differentiate healthy and unhealthy relationships.
- Demonstrate effective stress management techniques.
- Demonstrate the ability to express feelings in healthy ways.

## HEALTHY EATING

- Eat the appropriate number of servings from each food group every day.
- Eat a variety of foods within each food group every day.
- Eat an abundance of fruits and vegetables every day.
- Limit foods and beverages high in added sugars, solid fat, caffeine and sodium.
- Eat breakfast every day.
- Eat healthy snacks.
- Follow an eating plan for healthy growth and development.
- Classify the amount of food from each food group that a person needs each day.
- Summarize a variety of nutritious food choices for each food group.
- Explain why the recommended amount of food a person needs each day may be different for each food group.
- Summarize the benefits of eating plenty of fruits and vegetables.
- Explain the similarities and differences among protein, fats, and carbohydrates regarding nutritional value and food sources.
- Identify foods that are high in fiber.
- Identify examples of whole grain foods.
- Differentiate between nutritious and non-nutritious beverages.
- Summarize the benefits of limiting the consumption of solid fat, added sugar, caffeine and sodium.
- Describe the importance of eating healthy every day.
- Describe major chronic diseases and their relationship to what people eat and their physical activity level.
- Describe the benefits of eating in moderation.
- Demonstrate the ability to use goal setting skills to improve healthy eating.
- Demonstrate the ability to access valid information to improve healthy eating.
- Demonstrate the ability to use goal-setting skills to improve healthy eating.

## PERSONAL HEALTH AND WELLNESS

- Prevent damage from the sun.
- Practice behaviors that prevent infectious diseases.
- Practice behaviors that prevent chronic diseases.
- Summarize actions to take to protect oneself against potential damage from exposure to the sun.
- Describe how an inactive lifestyle contributes to chronic disease.
- Demonstrate the ability to advocate for peers to practice healthy personal behaviors.
- Demonstrate the ability to access valid and reliable personal health and wellness information, products, and services.

