

Comprehensive Health for Middle Grades - Consumer Health

Lessons	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Unit One: Cure or Quackery		No Matches	
Activity 1	2-1-b Analyze the media impact on personal and family health decisions and practices.		1-4-c Collect and summarize information to make reasonable and informed decisions.
Activity 2	2-1-b Analyze the media impact on personal and family health decisions and practices.		1-4-c Collect and summarize information to make reasonable and informed decisions.
Activity 3	3-2-c Analyze personal health progress and adjust behaviors as needed.		
Unit Two: Why Do We Buy?			
Activity 1	1-2-b Examine practices which enhance personal, emotional, social, and physical well-being.		1-1-a Use specific cues/strategies to make connections with, predict meaning of, and comprehend information within text.
Activity 2	2-1-b Analyze the media impact on personal and family health decisions and practices.		1-1-a Use specific cues/strategies to make connections with, predict meaning of, and comprehend information within text. 3-2-a Determine the basic or subliminal meaning various oral and visual messages, e.g., advertisements, videos, television.
Activity 3	2-1-b Analyze the media impact on personal and family health decisions and practices.		1-1-c Use prior knowledge and experience to interpret and construct meaning from various texts.
Activity 4	2-1-b Analyze the media impact on personal and family health decisions and practices.		
Activity 5	2-1-b Analyze the media impact on personal and family health decisions and practices.		
Unit Three: Think Before You Eat			
Activity 1	3-2-a Explore personal health and well-being on a regular basis.		1-1-a Use specific cues/strategies to make connections with, predict meaning of, and comprehend information within text.
Activity 2	3-3-b Demonstrate individual responsibility in health-related decisions/choices.		1-1-a Use specific cues/strategies to make connections with, predict meaning of, and comprehend information within text.
Activity 3	3-2-b Compare different health plans for achieving and maintaining good health.		1-1-c Use prior knowledge and experience to interpret and construct meaning from various texts.

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Unit Four: Will They Like Me More? Activity 1	1-2-b Examine practices which enhance personal, emotional, social, and physical well-being.		1-1-a Use specific cues/strategies to make connections with, predict meaning of, and comprehend information within text.
Activity 2	1-1-b Engage in a variety of positive, personal hygienic (sic) behaviors. 1-2-c Examine ways to avoid, minimize, or cope with adolescent health problems.		1-1-a Use specific cues/strategies to make connections with, predict meaning of, and comprehend information within text.
Activity 3	1-1-b Engage in a variety of positive, personal hygienic (sic) behaviors. 1-2-c Examine ways to avoid, minimize, or cope with adolescent health problems.		
Activity 4	1-2-c Examine ways to avoid, minimize, or cope with adolescent health problems.		
Activity 5			
Unit Five: Choices About Health Care Activity 1	2-3-b Describe options for contacting/obtaining health services.		1-1-c Use prior knowledge and experience to interpret and construct meaning from various texts.
Activity 2	2-3-b Describe options for contacting/obtaining health services.		
Unit Six: Consumer Health Choices The Future is Yours Activity 1	1-2-b Examine practices which enhance personal, emotional, social, and physical well-being.		
Activity 2	2-3-b Describe options for contacting/obtaining health services. 2-3-c Describe the effects of following or rejecting prescribed/recommended treatment.		
Activity 3	2-3-a Analyze various personal situations to determine when professional health services are necessary.		

Lessons	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Activity 3 (Cont.)	2-3-b Describe options for contacting/obtaining health services.		
Activity 4			
Activity 5			