



High School Health

Unit Name: Unit I - A Healthy Foundation			First 6 Weeks, Days to Teach:
Date Taught	TEKS	Content/Vocabulary	Guiding Questions
	<p>TEKS</p> <p>1A Relate the nation’s health goal and objectives to individual, family, and community health</p> <p>1I. Describe the importance of taking responsibility for establishing and implementing health maintenance for individuals and family members of all ages.</p> <p>2A. Analyze the relationship between health promotion and disease prevention</p> <p>4A. Analyze the health messages delivered through media and technology</p> <p>4B Explain how technology has impacted the health status of individuals, families, communities, and the world.</p> <p>5A. Develop evaluation criteria for health information</p> <p>7K. Analyze the importance of abstinence from sexual activity as the preferred choice of behavior in relationship to all sexual activity for unmarried persons of school age.</p> <p>14C. Communicate the importance of practicing abstinence.</p> <p>16D. Associate risk-taking with consequences such as drinking and driving.</p> <p>17A. Research information about a personal health concern.</p>	<p>Chapter 1</p> <p>Health</p> <p>Wellness</p> <p>Prevention</p> <p>Health education</p> <p>Heredity</p> <p>Environment</p> <p>Peers</p> <p>Culture</p> <p>Media</p> <p>Risk behaviors</p> <p>Cumulative risks</p> <p>Abstinence</p>	<p>Chapter 1</p> <p>What are the nation’s health goals and objectives in Healthy People 2010?</p> <p>What is the importance of health literacy?</p> <p>What influences do heredity, environment, culture, media, and technology impact health?</p> <p>How can you promote health?</p> <p>What are the consequences of taking risks?</p> <p>What is the importance of practicing abstinence?</p>
	<p>TEKS</p> <p>1C. Explain the relationship between nutrition, quality of life, and disease.</p> <p>2A. Analyze the relationship between health promotion and disease prevention.</p> <p>2B. Analyze the influence of laws, policies, and practices on health-related issues including those related to disease prevention.</p> <p>2D. Develop and analyze strategies related to the prevention of communicable and non-communicable diseases.</p> <p>4A. Analyze the health messages delivered through media and technology.</p> <p>6A. Examine the effects of health behaviors on body systems.</p>	<p>Chapter 5</p> <p>Nutrition</p> <p>Calories</p> <p>Nutrients</p> <p>Hunger</p> <p>Appetite</p> <p>Carbohydrates</p> <p>Fiber proteins</p> <p>Lipids</p> <p>Vitamins</p> <p>Minerals</p> <p>Dietary Guidelines</p> <p>Food Guide Pyramid</p> <p>Food additives</p> <p>Food allergy</p> <p>Food intolerance</p> <p>Food borne illness</p>	<p>Chapter 5</p> <p>What is the relationship between nutrition, quality of life, and disease?</p> <p>What are various influences on food choices?</p> <p>What are the benefits of nutrition on body systems?</p> <p>What are the functions of the six basic nutrients in maintaining health?</p> <p>How are nutrition, health promotion, and disease prevention related?</p> <p>What are the effects of healthful eating behaviors on body systems?</p> <p>What information do food labels provide and how can they be used?</p>



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		Pasteurization Cross-contamination	
	<p>TEKS 2A. Analyze the relationship between health promotion and disease prevention 4A. Analyze the health messages delivered through media and technology 4B Explain how technology has impacted the health status of individuals, families, communities, and the world. 5A. Develop evaluation criteria for health information. 7K Analyze the importance of abstinence from sexual activity as the preferred choice of behavior in relationship to all sexual activity for unmarried persons of school age.</p>	<p>Chapter 6 Body image Body mass index Overweight Obesity Underweight Nutrient-dense food Fad diets Weight cycling Eating disorder Anorexia nervosa Bulimia nervosa Binge eating disorder Electrolytes Rehydration Vegetarian Vegan Dietary supplement Mega dose Herbal supplement</p>	<p>Chapter 6 What is the relationship between body composition, diet, and fitness? What are some healthful ways to manage your weight? What risks are associated with fad diets, and other dangerous weight-loss strategies? What are the causes, symptoms, and treatment of eating disorders? Can you identify and help someone with an eating disorder? Do all people have the same nutritional needs?</p>