

**HEALTH/FAMILY LIFE
GRADE ONE COURSE CONTENT OUTLINE**

- UNIT I. Injury Prevention and Personal Safety**
- Careless & careful behavior
 - Safe & unsafe fire prevention routines
 - Private body parts
- UNIT II. Nutrition**
- Effects of healthful & unhealthful foods
 - Path of food through body
 - Food pyramid rules
 - Influence of culture & family
- UNIT III. Functions of the Body**
- Identifying body parts & functions: heart, lungs, liver, teeth, five senses, brain, skin, ears, mouth, blood, stomach & intestines
 - Safety routines to protect body
- UNIT IV. Growth & Development/The Cycle of Family Life**
- Muscles & bones
 - Growth & development through-out life cycle
 - Independence & dependence
- UNIT V. HIV/AIDS and Illness Prevention**
- Illness symptoms
 - Self care
 - Germs & preventing spreading
- UNIT VI. Substance Abuse Prevention**
- Identify drugs (tobacco, alcohol, medicines)
 - Routines for healthy living
 - Adopt-A-Cop
- UNIT VII. Community Health & Safety (With Violence Prevention)**
- Rules to keep you safe in key situations
 - Refusal skills
 - Bullying
- UNIT VIII. Self Worth, Mental and Emotional Health**
- Identify personal talents, qualities, feelings
 - Respect for self/others
 - Talking about feelings
- UNIT IX. Environmental and Consumer Health**
- Basic needs of humans
 - Clean and polluted air
 - Proper storage of health care products
- UNIT X. Physical Fitness**
- Relationship between exercise and nutrition
 - Benefits of exercise throughout life
 - Good sportsmanship and anger management