

BRIDGETON PUBLIC SCHOOLS

5th Grade Health

UNIT/PACING CHART

Nutrition, Chapter 4

TIMELINE	NJCCCS	SKILLS/ CONTENT OBJECTIVES: Students will be able to	TEACHER'S GUIDE/SUPPLEMENTAL MATERIALS	ASSESSMENTS
3-4	2.1.B.6.2 2.1.B.6.3	<p>Lesson 1: Your Basic Nutritional Needs</p> <p>Objective(s) Through class discussion/class activity the SWBAT:</p> <ul style="list-style-type: none"> • Identify the 6 kinds of nutrients and what foods provide them. • Show hoe to use the food guide pyramid and my plate to plan a balance diet. • Review the dietary guidelines. 	<ul style="list-style-type: none"> • Heath and Wellness page B36 – B41 • Health and Wellness Masters • Activity 16 Worksheet • My Plate power point program • Teacher generated worksheets 	<ul style="list-style-type: none"> • Class discussion • Class Work • Homework • Class Notes • Do Write Journal • Projects

<p>2-3</p>	<p>2.1.B.6.1 2.1.B.6.2 2.1.B.6.3 2.1.B.6.4 2.1.B.8.3 2.1.B.8.4 2.1.B.8.1</p>	<p>Lesson 2 : Aim for a Balanced Diet</p> <p>Objectives: Through student participation in group activity the SWBAT:</p> <ul style="list-style-type: none"> • Access the factors that influence food choices. • Review how to plan meals and snacks. • Identify information that is found on the food label. 	<ul style="list-style-type: none"> • Health and Wellness Pages B42-B49 • Health and Wellness Masters • Diet and Nutrition- Patricia Rizzo-Toner • Teacher generated worksheets 	<ul style="list-style-type: none"> • Class Discussion • Class work • Homework • Class Notes • Do Write Journal • Group Project
<p>1</p>	<p>2.1.C.6.2 2.1.D.6.4</p>	<p>Lesson 3: Food Safe to Eat</p> <p>Objectives: Through class discussion/class activity the SWBAT:</p> <ul style="list-style-type: none"> • Identify how pathogens can enter food. • Discuss the safety guidelines to handling food. • How to use table manners to stay safe and polite. • How to use the abdominal thrust to help someone who is choking. 	<ul style="list-style-type: none"> • Health and Wellness Pages B50-B55 • Health and Wellness Master • Teacher generated worksheets • Diet and Nutrition- Patricia Rizzo-Toner 	<ul style="list-style-type: none"> • Class discussion • Class work • Class notes • Homework • Do Write Journal

<p style="text-align: center;">1</p>	<p>2.1.C.6.1 2.1.B.8.1 2.1.B.8.2 2.1.6.B.2 2.6.A.6.5</p>	<p>Lesson 4: Your Weight Manager</p> <p>Objectives: Through class discussion/class activity the</p> <p>SWBAT:</p> <ul style="list-style-type: none"> • How to maintain a healthful weight. • How to find your healthful weight. • Causes, signs and treatments, of eating disorders. 	<ul style="list-style-type: none"> • Health and Wellness Pages B56-B61 • Health and Wellness Master • Teacher generated worksheets • Diet and Nutrition- Patricia Rizzo-Toner 	<ul style="list-style-type: none"> • Class discussion • Class work • Class notes • Homework • Do Write Journal
<p style="text-align: center;">1</p>	<p>2.1.B.6.2 2.1.B.6.3 2.1.B.6.1 2.1.B.6.2 2.1.B.6.3 2.1.B.6.4 2.1.B.8.3 2.1.B.8.4 2.1.B.8.1 2.1.C.6.2 2.1.C.6.1 2.1.B.8.1 2.1.B.8.2 2.1.6.B.2 2.1.D.6.4</p>	<p>Chapter 4 Review</p> <p>Objectives: SWBAT:</p> <ul style="list-style-type: none"> • Demonstrate their knowledge of chapter 4 through a chapter review. 	<ul style="list-style-type: none"> • Nutrition Game Activity • Jeopardy • Family Feud 	<ul style="list-style-type: none"> • Student participation

<p>1</p>	<p>2.1.B.6.2 2.1.B.6.3 2.1.B.6.1 2.1.B.6.2 2.1.B.6.3 2.1.B.6.4 2.1.B.8.3 2.1.B.8.4 2.1.B.8.1 2.1.C.6.2 2.1.C.6.1 2.1.B.8.1 2.1.B.8.2 2.1.6.B.2 2.1.D.6.4</p>	<p>Chapter 4 Test</p> <p>Objectives: SWBAT:</p> <ul style="list-style-type: none"> • Recall information of chapter for test. 	<ul style="list-style-type: none"> • Health and Wellness Chapter Assessment • Teacher Generated Assessment 	<ul style="list-style-type: none"> • Chapter Test
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Personal Health and Physical Activity, Chapter 5

TIMELINE	NJCCCS	SKILLS/ CONTENT OBJECTIVES: Students will be able to	TEACHER'S GUIDE/SUPPLEMENTAL MATERIALS	ASSESSMENTS
1-2	2.1.A.6.2 2.1.A.6.3 2.1.C.6.1	Lesson 1: Caring for Your Body Objective(s) Through class discussion and activity the SWBAT: <ul style="list-style-type: none"> • Know what is included in a medical checkup. • Care for their skin, hair, nails, and clothes. • Know how sleep benefits your health. 	<ul style="list-style-type: none"> • Health and Wellness Pages C4-C9 • Health and Wellness Master • Teacher Generated Worksheets 	<ul style="list-style-type: none"> • Class Discussion • Activity Worksheets • Class Notes • Do Write Journal
1-2	2.1.A.6.1 2.1.A.6.3 2.1.C.6.1 2.1.D.6.1	Lesson 2: Your Teeth, Eyes, and Ears Objective(s) Through class discussion and activity the SWBAT: <ul style="list-style-type: none"> • Discuss how the teeth function and ways to protect your teeth and gums. • Discuss how the eye works and how vision problems can be corrected. • Discuss how the ear works and how common hearing problems can be detected and avoided. 	<ul style="list-style-type: none"> • Health and Wellness Pages C10-C15 • Health and Wellness Master • Teacher Generated Worksheets 	<ul style="list-style-type: none"> • Class Discussion • Activity Worksheets • Class Notes • Do Write Journal

<p>1-2</p>	<p>2.6.A.6.4 2.6.A.6.1 2.6.A.6.2 2.6.A.6.3 2.6.A.6.5 2.1.A.6.1 2.6.A.8.2 2.6.A.8.4 2.6.A.8.5</p>	<p>Lesson 3: Benefits of Physical Activity</p> <p>Objective(s) Through class discussions and activity the SWBAT:</p> <ul style="list-style-type: none"> • Identify the social, emotional, and physical benefits of physical activity. • Identify the five parameters of health fitness. • Identify the six components fitness skills. 	<ul style="list-style-type: none"> • Health and Wellness Pages C16-C21 • Health and Wellness Master • Teacher Generated Worksheets • Folders • Fitness Gram Results • Fitness Gram Test Protocol CD 	<ul style="list-style-type: none"> • Class Discussion • Activity Worksheets • Class Notes • Activity Participation • Do Write Journal • Fitness Portfolio
<p>1-2</p>	<p>2.6.A.6.4 2.6.A.6.1 2.6.A.6.2 2.6.A.6.3 2.6.A.6.5 2.1.A.6.1 2.6.A.8.2 2.6.A.8.4 2.6.A.8.5</p>	<p>Lesson 4: A Balanced Workout</p> <p>Objective(s) Through class discussions and activity the SWBAT:</p> <ul style="list-style-type: none"> • Determine what amount and intensity of physical activity is healthful. • Discuss various kinds of physical activities to choose. • Review how to workout safely and effectively. • Set personal health goals. 	<ul style="list-style-type: none"> • Health and Wellness Pages C22-C29 • Health and Wellness Master • Teacher Generated Worksheets • Folders • Fitness Gram Results • Fitness Gram Test Protocol CD 	<ul style="list-style-type: none"> • Class Discussion • Activity Worksheets • Class Notes • Do Write Journal • Fitness Portfolio
<p>1-2</p>	<p>2.1.D.6.1 2.1.D.8.1 2.5.C.6.2 2.5.C.6.1</p>	<p>Lesson 5: Play It Safe</p> <p>Objective(s): Through class discussions and activity the SWBAT:</p> <ul style="list-style-type: none"> • Discuss safety equipment and safety rules. • Discuss strategies to prevent and treat injuries before, during, and after a workout. • Identify characteristics of good sportsmanship. 	<ul style="list-style-type: none"> • Health and Wellness Pages C30-C37 • Health and Wellness Master • Teacher Generated Worksheets • Folders • Fitness Gram Results • Fitness Gram Test Protocol CD 	<ul style="list-style-type: none"> • Class Discussion • Activity Worksheets • Class Notes • Do Write Journal • Fitness Portfolio

<p>1</p>	<p>2.6.A.6.4 2.6.A.6.1 2.6.A.6.2 2.6.A.6.3 2.6.A.6.5 2.1.A.6.1 2.6.A.8.2 2.6.A.8.4 2.6.A.8.5 2.1.D.6.1 2.1.D.8.1 2.5.C.6.2 2.5.C.6.1 2.1.A.6.1 2.1.A.6.3 2.1.C.6.1 2.1.D.6.1</p>	<p>Chapter 5 Review</p> <p>Objective(s) SWBAT: Demonstrate their knowledge of information in chapter 5 through a chapter review activity.</p>	<ul style="list-style-type: none"> • Health and Wellness • Jeopardy Cards 	<ul style="list-style-type: none"> • Student Participation
<p>1</p>	<p>2.6.A.6.4 2.6.A.6.1 2.6.A.6.2 2.6.A.6.3 2.6.A.6.5 2.1.A.6.1 2.6.A.8.2 2.6.A.8.4 2.6.A.8.5 2.1.D.6.1 2.1.D.8.1 2.5.C.6.2 2.5.C.6.1 2.1.A.6.1 2.1.A.6.3 2.1.C.6.1 2.1.D.6.1</p>	<p>Chapter 5 Test</p> <p>Objective(s): SWBAT Recall information of chapter for test.</p>	<ul style="list-style-type: none"> • Health and Wellness Assessments • Teacher Generated Chapter Test 	<ul style="list-style-type: none"> • Chapter Test

1	2.3.C. 6.3 2.3.C.8.3	Lesson 2: Staying Tobacco Free Objective(S) Through class discussion and activity the SWBAT: <ul style="list-style-type: none"> • Explain why people start using tobacco. • Discuss strategies for staying tobacco free. • Create a poster encouraging peers to remain tobacco free. 	<ul style="list-style-type: none"> • Teen Health, course 1 pg. 218-221 • Straws • Teen Health corresponding worksheets • Magazine pictures • Markers • Crayons • Poster board • Poster Rubric 	<ul style="list-style-type: none"> • Do Write Journal • Activity Participation • Substance Free Poster
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Alcohol and Other Drugs, Chapter 9

1	2.3.B.6.3 2.3.B.6.4	Lesson 1: Why Alcohol is Harmful Objective(s) Through class discussion and activity the SWBAT: <ul style="list-style-type: none"> • Explain how alcohol affects a person's physical and mental health. • Describe the short and long term risks of using alcohol. • Explain why a pregnant woman should not drink alcohol. 	<ul style="list-style-type: none"> • Teen Health, course 1 pg. 230-233. • Teen Health corresponding Worksheets • Substance Abuse Worksheet 	<ul style="list-style-type: none"> • Do Write Journal • Class discussion • Class notes
1	2.3.B.6.3 2.3.B.8.6	Health Lab: Vision Goggles Objective(s) Through participating in the health lab, the SWBAT: <ul style="list-style-type: none"> • Experience the effects alcohol has on coordination and simple daily tasks. 	<ul style="list-style-type: none"> • Task Card • Fatal Vision Alcohol Goggles 	<ul style="list-style-type: none"> • Participation health lab • Task completion

<p style="text-align: center;">1</p>	<p>2.3.A.6.1 2.3.A.6.2 2.3.A.6.3 2.3.A.6.4 2.3.A.8.1 2.3.A.8.2 2.3.A.8.4 2.3.A.8.5</p>	<p>Lesson 2: Using Medicine Responsibly</p> <p>Objective(s): Through class discussion and activity the</p> <p>SWBAT:</p> <ul style="list-style-type: none"> • Explain how medicines affect the body. • Explain why medicines have warning labels. • Explain how to use medicines safely. • List the signs of use and misuse. 	<ul style="list-style-type: none"> • Teen Health, course 1 pg. 234-239 • Teen Health corresponding worksheets • Prescription medicine bottles • OTC medicine labels • Substance Abuse Worksheet 	<ul style="list-style-type: none"> • Do Write Journal • Class discussion • Activity worksheet • Group Participation
<p style="text-align: center;">1</p>	<p>2.3.B.6.5 2.3.B.6.6 2.3.B.6.7 2.3.B.6.8 2.3.B.6.4 2.3.B.8.8 2.3.C.8.1</p>	<p>Lesson 3: What Illegal Drugs?</p> <p>Objective(s) Through class discussion and activity the</p> <p>SWBAT:</p> <ul style="list-style-type: none"> • Explain the dangers of illegal drugs. • Describe the main types of illegal drugs. • Identify the dangerous side affects of stimulants, depressants, narcotics, hallucinogens, inhalants, marijuana, and anabolic steroids. 	<ul style="list-style-type: none"> • Teen Health, course 2 pg. 240-245 • Teen Health corresponding Worksheets • Substance Abuse Activity Worksheet 	<ul style="list-style-type: none"> • Class discussion • Activity Worksheet

<p style="text-align: center;">1</p>	<p>2.3.C.6.3 2.3.C.8.3 2.3.C.6.1 2.3.C.6.2 2.3.C.6.4 2.3.C.8.2 2.3.C.8.4 2.3.C.8.6</p>	<p>Lesson 4: Staying Drug Free</p> <p>Objective(s) Through class discussion and activity the SWBAT:</p> <ul style="list-style-type: none"> • Identify why they should avoid using alcohol and other drugs. • Discuss the laws that regulate substance use. • Identify ways to stay substance free. • Explain how families of substance abusers can find help. • Create an anti-drug/alcohol commercial/poster/song /bumper sticker. 	<ul style="list-style-type: none"> • Teen Health, course 1 pg. 246-249 • Teen Health corresponding Worksheets • Substance Abuse Activity Worksheet • Crayons • Poster board • Markers • Video camera • TV/VCR • Paper 	<ul style="list-style-type: none"> • Class Discussion • Anti-Drug Project • Activity worksheet
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