

HEALTH SCIENCES

GRADE	TOPICS	STANDARDS (NGSS ALIGNMENT)		BY DESIGN CHAPTER CORRELATION	INQUIRY ACTIVITIES
Essential Question: Why does God want human beings to choose to have a healthy mind and body?		Big Idea: God designed a plan for healthful living that leads to optimum spiritual, physical, mental, and emotional health.		Bold = included content <i>Italic =</i> related content	TE = TEACHER EDITION SE = STUDENT EDITION SJ = STUDENT JOURNAL TT = TRY THIS LA = LESSON ACTIVITY EAL = EXPLORE-A-LAB MS = MATH IN SCIENCE ATBD = ACTIVITY TO BE DEVELOPED
K-2	Health Promotion and Disease Prevention	S.K-2.HS.1 Read texts and use media to determine the dimensions of health (e.g., nutrition, exercise) and patterns of behavior (e.g., eating healthy foods, daily exercise) that impact personal health.		Level 1 – Ch. 4.3, Ch. 5.2, 5.3, Ch. 6.2, 6.3 Level 2 – Ch. 3.2, 3.4, Ch. 4.3, Ch. 5.1, 5.2	Level 1 – Brush Off SE 119/SJ 22; Let's Try This Again TE 119/SJ 24, EAL 123, EAL 144; Be a Better Jumper SE 147/SJ 36; Practice Makes Perfect TE 147/SJ 38, EAL 149; Screen Time TE 151/SJ 40, EAL 152; Stand Up Straight SE 168/SJ 52; Calcium in Bones TE 168/SJ 54, EAL 174; Bicycle Helmet Survey SE 177/SJ 56 Level 2 – Which Foods Help Me Stay Healthy TE 107/SJ 2, TT 120; The Food Groups SE 121/SJ 16; Your Personal Food Guide TE 121/SJ 18, TT 174; Stopping Germs SE 175/SJ 42; Shake Hands SE 175/SJ 44, TT 184; Hole in Your Mouth SE 185/SJ 46, EAL 189; Be Seen to Be Safe SE 195/SJ 50; Seat Belt Crash Test TE 196/SJ 54
		S.K-2.HS.2 Demonstrate ways to prevent communicable diseases and reduce accidental injuries.		Level 1 – Ch. 6.3 Level 2 – Ch. 5.2, 5.3	Level 1 – EAL 123; Bicycle Helmet Survey SE 177/SJ 56 Level 2 – Stopping Germs SE 175/SJ 42; Shake Hands SE 175/SJ 44, TT 184, TT 194; Be Seen to Be Safe SE 195/SJ 50; Seat Belt Crash Test TE 196/ SJ 54
		S.K-2.HS.3 Role play how to tell a trusted adult if threatened or harmed.		Not specifically addressed	Level 1 – ATBD Level 2 – ATBD
	Health Resources	S.K-2.HS.4 Conduct an investigation to identify health professionals and other adults who can help to promote health.		Level 2 – 4.3, Ch. 5.3	Level 2 – ATBD
	Healthy Lifestyle Choices	S.K-2.HS.5 Construct an argument that media influences personal decisions relating to healthy choices.		Level 1 – Ch. 5.2, 5.3, Ch. 6.2, 6.3 Level 2 – Ch. 3.3, Ch. 5.2	Level 1 – ATBD Level 2 – LA 134, EAL 189; ATBD
		S.K-2.HS.6 Use a model to differentiate between situations when a health-related decision can be made individually or when assistance is needed.		Level 1 – Ch. 4.3, Ch. 5.3, Ch. 6.3 Level 2 – Ch. 3.1, 3.3, 5.2, 5.3	Level 1 – Brush Off SE 119/SJ 22; Let's Try This Again TE 119/SJ 24, EAL 123, LA 144; Be a Better Jumper SE 147/SJ 36; Practice Makes Perfect TE 147/SJ 38, EAL 149; Screen Time TE 151/SJ 40, EAL 152, EAL 174; Bicycle Helmet Survey SE 177/SJ 56 Level 2 – The Food Groups SE 121/SJ 116; Your Personal Food Guide TE 121/SJ 18; Fatty Foods SE 129/SJ 20; Comparing Similar Foods TE 129/SJ 22, LA 134; Stopping Germs SE 175/SJ 42; Shake Hands TE 175/SJ 44; Hole in Your Mouth SE 185/SJ 46; Fill the Cavity TE 185/SJ 48, EAL 189; Be Seen to Be Safe SE 195/ SJ 50; Seat Belt Crash Test TE 196/SJ 54
		S.K-2.HS.7 Identify a short-term personal health goal and implement a plan to attain that goal.		Level 1 – Ch. 5.2, 5.3, Ch. 6.2, 6.3	Level 1 – How Can You Make Healthy Choices TE 95/SJ 2; I Can Be More Fit TE 95/SJ 6, LA 144; Practice Makes Perfect TE 147/SJ 38, EAL 149, EAL 174; ATBD
		S.K-2.HS.8 Ask questions and obtain information about God's plan for healthy living.		Level 2 – Ch. 3.3, Ch. 4.3, Ch. 5.2	Level 2 – Fatty Foods SE 129/SJ 20; Comparing Similar Foods TE 129/SJ 22, LA 134, LA 165; ATBD

HEALTH SCIENCES CONTINUED

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3-5	Health Promotion and Disease Prevention	S.3-5.HS.1 Make observations to construct an evidence-based link between healthy behaviors and personal health.	Level 3 – Ch. 4.1, 4.2, 5.3, Ch. 6.2, 6.3 Level 4 – Ch. 4.2, 4.3, Ch. 5.3 Level 5 – Ch. 7.1, 7.2, 7.3	Level 3 – How Can Food Help Me Stay Healthy TE 127/SJ 2; Staying Healthy TE 127/ SJ 6, TT 130; Testing Sunscreens SE 131/SJ 8; UV Filtering TE 131/SJ 10; Hand Washing and Drying TE 133/ SJ 12, LA 135, TT 140; Bacteria Gardens SE 141/SJ 116; Cleaning the Gardens TE 141/SJ 18, LA 144; Make It Stronger TE 162/ SJ 30, TT 172; Keep Your Heart Healthy SE 173/SJ 36, EAL 175; Measuring Breath SE 192/SJ 46; Cool Down TE 192/SJ 48; Aerobic Heart TE 193/SJ 50, LA 202; ATBD Level 4 – Balanced Diet SE 137/SJ 4; Greasy Chips TE 137/SJ 14, LA 139; Exercise Journal SE 141/SJ 16, LA 142, LA 143; ATBD Level 5 – How Can I Make Healthy Food Choices TE 159/SJ 1; Spreading Disease SE 205/SJ 51, SE 209/SJ 52; Deaths from Diseases Add Up SE 218/SJ 56, EAL 222; Sleep for a Week SE 228/ SJ 60; Fruits and Veggies TE 228/SJ 62; Personal Fitness TE 229/ SJ 64, EAL 230; ATBD
		S.3-5.HS.2 Construct an argument that spiritual, emotional, intellectual, physical, and social health are interrelated and dependent on one another.	Level 4 – Ch. 4.2, 4.3, <i>Ch. 5.2</i> , Ch. 6.2, 6.3	Level 4 – Balanced Diet SE 137/SJ 4, LA 139; Exercise Journal SE 141/SJ 16, LA 142; Health Rankings SE 147/SJ 20; Tracking Responses TE 147/SJ 22, LA 149; That Need for One More SE 169/ SJ 30; Making Decisions SE 179/SJ 38; Decisions, Decisions SE 197/SJ 48, TT 200; Exploring Emotions SE 201/SJ 52, LA 203
		S.3-5.HS.3 Analyze patterns of accidental injuries in different locations; develop a specific action plan designed to reduce accidents; evaluate the success of the plan.	<i>Level 4 – Ch.4.2</i>	Level 4 – ATBD
		S.3-5.HS.4 Develop a model that demonstrates effective verbal and nonverbal communication skills to enhance health and reduce health risks.	Level 3 – Ch. 6.3 Level 4 – Ch. 5.3, Ch. 6.1, 6.3	Level 3 – LA 201, LA 202 Level 4 – TT 178, LA 181; ArtLink TE 183, LA 183, LA 185, TT 206, LA 204; Say What SE 207/SJ 56, LA 210
		S.3-5.HS.5 Use scientific evidence to develop a family health plan designed to strengthen and enhance personal health.	Level 3 – Ch. 4.1, Ch. 5.3, Ch. 6.3 Level 4 – Ch. 4.2, Ch. 5.3 <i>Level 5 – Ch. 7.1</i>	Level 3 – ATBD Level 4 – ATBD Level 5 – ATBD
	Health Resources	S.3-5.HS.6 Analyze and communicate the reliability of health information, products, and local services.	<i>Level 3 – Ch. 5.3, Ch. 6.3</i> Level 5 – Ch. 7.3	Level 3 – ATBD Level 5 – ATBD
	Healthy Lifestyle Choices	S.3-5.HS.7 Construct a model that illustrates the various influences that impact personal health.	Level 3 – Ch. 4.1, Ch. 5.3, Ch. 6.3 Level 4 – Ch. 4.2, 4.3, Ch. 5.3 Level 5 – Ch. 7.3	Level 3 – ATBD Level 4 – ATBD Level 5 – LA 227; Sleep for a Week SE 228/ SJ 60; Fruits and Veggies TE 228/SJ 62; Personal Fitness TE 229/SJ 64, EAL 230; ATBD
		S.3-5.HS.8 Conduct an investigation to evaluate the accuracy/influence of the media on health.	Level 5 – Ch. 7.2	Level 5 – ATBD
		S.3-5.HS.9 Construct a model that demonstrates the ability to use decision-making skills to enhance health.	Level 4 – Ch. 5.3, Ch. 6.1, 6.2, 6.3	Level 4 – ATBD
		S.3-5.HS.10 Select a personal health goal, evaluate health resources to develop and implement a plan aimed at achieving the goal, and monitor progress toward the goal.	Level 3 – Ch. 4.1, Ch. 5.1, 5.3, Ch. 6.2, 6.3 Level 4 – Ch. 4.2, Ch. 5.1, 5.3, Ch. 6.2	Level 3 – How Can Food Make Me Healthy TE 127/SJ 2; Staying Healthy TE 127/SJ 6, TT 130; Testing Sunscreens SE 131/SJ 8; UV Filtering TE 131/SJ 10; Hand Washing and Drying TE 133/SJ 12, LA 135; Make It Stronger TE 162/SJ 30, TT 172; Keep Your Heart Healthy SE 173/SJ 36, EAL 175; Measuring Breath SE 191/ SJ 46; Cool Down TE 191/SJ 48; The Aerobic Heart TE 193/SJ 50, LA 202 Level 4 – How Can I Take Care of My Body to Stay Healthy TE 121/SJ 4; Balanced Diet SE 137/SJ 12; Exercise Journal TE 141/SJ 16, LA 142, LA 143; Choices We Make SE 159/ SJ 26; Making Decisions SE 179/SJ 38; Peer Pressure TE 179/SJ 40, LA 183, LA 185, LA 203
		S.3-5.HS.11 Gather, synthesize, and present information from the Bible about God's plan for healthy living.	Level 3 – Ch. 5.3, Ch. 6.3 Level 4 – Ch. 4.2, Ch. 5.3, <i>Ch. 6.2</i>	Level 3 – How Can Food Make Me Healthy TE 127/SJ 2; Staying Healthy TE 127/SJ 6; Make It Stronger TE 162/SJ 30, TT 172; Keep Your Heart Healthy SE 173/SJ 36, EAL 175; The Aerobic Heart TE 193/SJ 50 Level 4 – How Can I Take Care of My Body to Stay Healthy TE 121/SJ 4; Balanced Diet SE 137/SJ 12; Exercise Journal TE 141/SJ 16, LA 142, LA 143

HEALTH SCIENCES CONTINUED

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6-8	Health Promotion and Disease Prevention	S.6-8.HS.1 Collect data from family members to compile evidence that supports the claim that personal health is influenced by the environment and genetics.	Level 7 – Ch. 4.2 Level 8 – <i>Ch. 5.2, 5.3, Ch. 6.3, 6.4</i>	Level 7 – What Are Your Traits TE 151/ SJ 100, EAL 153, EAL 161; Sex-Linked Traits SE 162/SJ 106 Level 8 – Who—Or What—Controls Your Health TE 161/SJ 5; Sickle-Cell Anemia SE 167/SJ 8; The Next Generation TE 167/SJ 8, LA 168, LA 171, LA 176; Survival Game SE 177/SJ 12; Making Real Life Changes TE 177/SJ 14; Heart Disease TE 178/SJ 16, EAL 180
		S.6-8.HS.2 Construct a model that demonstrates the link between appropriate health care and personal health.	Level 6 – Ch. 6.1, 6.2 Level 8 – Ch. 6.3, 6.4, Ch. 7.1, 7.2, 7.3	Level 6 – How Can I Alter My Routine to Create a Healthier Lifestyle TE 113/SJ 1; Hazards in Your Home SE 199/SJ 71; Seeking a Health Professional SE 202/SJ 72; When It Gets Worse TE 202/ SJ 74 Level 8 – ATBD; Reading Medication Labels SE 253/SJ 68, LA 256; Investigating Health Risks TE 259/SJ 74
		S.6-8.HS.3 Gather and synthesize information to identify barriers to obtaining appropriate health care and to practicing healthy behaviors, and suggest ways to overcome these barriers.	Level 8 – Ch. 5.1, Ch. 6.3, Ch. 7.3	Level 8 – ATBD
		S.6-8.HS.4 Construct an evidenced-based argument that demonstrates the importance of assuming responsibility for personal health behaviors.	Level 6 – Ch. 6.2, 6.3 Level 7 – Ch. 5.3, Ch. 6.1, 6.2, 6.3 Level 8 – Ch. 5.5, Ch. 6.2, 6.3, 6.4, Ch. 7.1, 7.2, 7.3	Level 6 – How Can I Alter My Routine to Create a Healthier Lifestyle TE 113/SJ 1; Hazards in Your Home SE 199/SJ 71; Accidents Happen SE 207/SJ 76, LA 210, LA 212; Emergency Decisions TE 222/SJ 84 Level 7 – Sexually Transmitted Diseases SE 201/SJ 20; Saying NO! TE 201/SJ 22, LA 206, LA 224; How Pathogens Spread TE 228/ SJ 40, LA 231, EAL 234, LA 235; Hey, Wanna Trade SE 241/SJ 44; Preventing Infection TE 241/SJ 46, LA 249; Disease Defense SE 252/SJ 48 Level 8 – Who—or What—Controls Your Health TE 161/SJ 5; What Factors Influence My Health SE 163/SJ 7, LA 176; Survival Game SE 177/SJ 12; Making Real Life Changes TE 177/SJ 14; Heart Disease TE 78/SJ 16, EAL 180, LA 203; Selecting the Best Aspirin SE 204/SJ 36, EAL 211; Reducing Fat TE 224/ SJ 48, EAL 227; Evaluate and Rank Behaviors SE 231/SJ 50; Create a Risk Survey TE 231/SJ 52; Reading Medication Labels SE 253/SJ 68, LA 254, LA 255, LA 256; Investigating Health Risks TE 259/SJ 74, LA 263, LA 264
		S.6-8.HS.5 Evaluate behaviors in relation to the degree to which they benefit or harm personal health and the health of others.	Level 6 – Ch. 6.2, 6.3 Level 7 – Ch. 5.2, 5.3, Ch. 6.3 Level 8 – Ch. 5.3, Ch. 6.1, 6.2, 6.3	Level 6 – Hazards in Your Home SE 199/SJ 71; Accidents Happen SE 207/TE 76; Emergency Decisions TE 222/SJ 84; ATBD Level 7 – Investigating Bullying SE 191/SJ 16; Interactions at School TE 191/SJ 18, LA 192; Sexually Transmitted Diseases SE 201/SJ 20; Saying NO TE 201/SJ 22, LA 206; Infectious Disease SE 215/SJ 31; How Pathogens Spread TE 228/SJ 40, LA 231, EAL 234, LA 235 Level 8 – What Factors Influence My Health SE 163/SJ 7, LA 187; Reducing Fat TE 224/SJ 48, EAL 227; Evaluate and Rank Behaviors SE 231/SJ 50; Create a Risk Survey TE 231/SJ 52
		S.6-8.HS.6 Choose a health-enhancing practice and develop a presentation designed to persuade others to adopt a similar practice.	Level 6 – Ch. 5.1, 5.2, 5.3, 5.4, Ch. 6.2, 6.3 Level 7 – Ch. 5.2, 5.3, Ch. 6.2, 6.3, 6.4 Level 8 – Ch. 5.2, 5.3, Ch. 6.2, 6.3, 6.4, Ch. 7.1, 7.2, 7.3	Level 6 – ATBD Level 7 – ATBD; LA 205, LA 231, LA 249; Hand Washing Techniques TE 252/SJ 50, LA 255; ATBD Level 8 – LA 176, EAL 180, LA 187, LA 212, EAL 227, LA 249; ATBD
	Health Resources	S.6-8.HS.7 Develop guidelines for evaluating health information, products, and services, and conduct an investigation designed to assess the validity of health-related resources.	Level 8 – Ch. 6.4, Ch. 7.2, 7.3	Level 8 – ATBD; Pressure in Advertising SE 247/SJ 64; Reading Medication Labels SE 253/SJ 68; Price Comparison TE 253/SJ 72, LA 254, LA 255, LA 256, LA 262, LA 263, LA 264; ATBD
	Healthy Lifestyle Choices	S.6-8.HS.8 Construct an argument that supports the claim that modifying unhealthy behaviors can enhance personal health.	Level 6 – Ch. 4.4, 4.5, Ch. 5.3, 5.4, Ch. 6.2 Level 7 – Ch. 5.3, Ch. 6.3, 6.4 Level 8 – Ch. 5.3, Ch. 6.2, 6.3, 6.4, <i>Ch. 7.1</i>	Level 6 – ATBD Level 7 – ATBD Level 8 – ATBD
		S.6-8.HS.9 Plan and conduct an investigation that provides evidence that peers and perceptions of norms influence the health of adolescents.	Level 6 – Ch. 6.2 Level 7 – Ch. 5.3, Ch. 6.3 Level 8 – Ch. 6.2, 6.3, 6.4, Ch. 7.1, 7.2	Level 6 – ATBD Level 7 – LA 205; ATBD; Hey, Wanna Trade SE 241/SJ 44; ATBD Level 8 – Evaluate and Rank Behaviors SE 231/SJ 50, EAL 233, LA 249, LA 262, LA 263
		S.6-8.HS.10 Construct a model that demonstrates how public health policies can influence health promotion and disease prevention.	Level 6 – Ch. 6.2, 6.3 Level 7 – Ch. 6.2, 6.3 Level 8 – Ch. 6.1, 6.2, 6.3, Ch. 7.2, 7.3	Level 6 – ATBD Level 7 – LA 240, LA 235; ATBD Level 8 – ATBD
		S.6-8.HS.11 Analyze and interpret data that provides evidence to support the claim that traditional Adventist health practices promote optimal health.	Level 6 – Ch. 5.3, 5.4 Level 7 – Ch. 5.2, 5.3, <i>Ch. 6.2, 6.4, Ch. 7.1</i> Level 8 – Ch. 5.2, 5.3, Ch. 6.2, 6.3	Level 6 – ATBD Level 7 – ATBD Level 8 – ATBD