

HEALTH

COURSE DESCRIPTION: The purpose of this course, *Health, Safety, and Manners 3* is to stimulate the students' interest in health, safety, and manners so they learn more about the body God has given them and how to take care of it.

TEXTBOOK: *Health, Safety, and Manners 3*

Goal 1: To understand the basic makeup of the skeletal system and recognize and perform good posture

- 1.1 The student will define posture.
- 1.2 The student will name major bones of the skeletal system.
- 1.3 The student will identify major bones on a diagram.
- 1.4 The student will differentiate between vertebrae and vertebra.
- 1.5 The student will state two ways to build strong, straight bones.
- 1.6 The student will execute correct posture.
- 1.7 The student will demonstrate walking correctly.
- 1.8 The student will define a habit.
- 1.9 The student will memorize five good posture habits.
- 1.10 The student will discuss ways to be polite and avoid accidents

Goal 2: To recognize the importance of exercise to the muscular system

- 2.1 The student will explain how food helps muscles
- 2.2 The student will identify foods and exercise that help muscles grow.
- 2.3 The student will conduct several exercises.
- 2.4 The student will understand why sleep is important.
- 2.5 The student will name three common plants that cause skin poisoning.
- 2.6 The student will recognize the attitudes of a good sport.

Goal 3: To explore the digestive system and realize the importance of good nutrients

- 3.1 The student will state the parts of the digestive system
- 3.2 The student will describe ways to help food digest properly.
- 3.3 The student will name examples of nutrients.
- 3.4 The student will recognize sources of protein.

- 3.5 The student will identify foods that contain vitamin A, B, C, D, E, and K.
- 3.6 The student will understand how vitamins A, B, C, D, E, and K help the body.
- 3.7 The student will categorize foods as minerals or carbohydrates.
- 3.8 The student will realize the importance of water.

Goal 4: To identify and understand the necessity of a balanced diet

- 4.1 The student will identify the six food groups.
- 4.2 The student will understand how many servings of each food group are healthy.
- 4.3 The student will give examples of a healthy breakfast.
- 4.4 The student will categorize foods into the six different food groups.
- 4.5 The student will name ways to help at meal time.
- 4.6 The student will demonstrate how to set the table properly.
- 4.7 The student will differentiate between healthy and unhealthy snacks.
- 4.8 The student will recognize expiration dates of foods.
- 4.9 The student will practice polite table conversation.

Goal 5: To establish good hygiene habits and realize the proper way to care for teeth

- 5.1 The student will discuss the skin and the importance of cleanliness.
- 5.2 The student will understand the need to wash care for hands.
- 5.3 The student will name the parts of a tooth.
- 5.4 The student will realize the necessity of wearing clean clothes.
- 5.5 The student will identify ways to take care of his hair.
- 5.6 The student will know the four kinds of teeth and their uses.
- 5.7 The student will understand the correct way to floss and brush his teeth.
- 5.8 The student will recite polite ways to use the phone.
- 5.9 The student will discuss safe ways to act around water.

Goals 6 To learn what diseases are and establish good health habits

- 6.1 The student will compare the difference between microbes and germs.
- 6.2 The student will understand what causes infectious diseases.
- 6.3 The student will identify ways to avoid germs and diseases.
- 6.4 The student will define antibodies and vaccines.
- 6.5 The student will recognize the contributions Louis Pasteur and Florence Nightingale have made to health.
- 6.6 The student will state what a virus is.
- 6.7 The student will name three ways to help the body recover from a virus.
- 6.8 The student will determine how basic diseases are cured today.
- 6.9 The student will practice making proper introductions.
- 6.0 The student will understand how to properly behave around fire.

Goal 7 To identify ways to prevent cuts and use first aid

- 7.1 The student will understand what first aid is
- 7.2 The student will determine how to care for cuts, scratches, abrasions, and punctures.
- 7.3 The student will identify signs of being allergic to an insect.
- 7.4 The student will name ways to prevent electrical shocks.
- 7.5 The student will discuss ways to prevent poisonings.

Goal 8 To establish how to be spiritually, socially, and emotionally healthy

- 8.1 The student will understand how to get spiritual food, exercise, and rest.
- 8.2 The student will name methods of showing love to others.
- 8.3 The student will define courtesy.
- 8.4 The student will recognize the importance of exercising the mind.
- 8.5 The student will list good study habits to have.
- 8.6 The student will discuss the need for responsibilities.
- 8.7 The student will understand that God commands him to work hard.
- 8.8 The student will realize the importance of being thankful.