



Turner USD 202 Middle School Health Grade 8



Content Area: Environmental Health			
Standard/s	Benchmark	Priority	Instructional Example
1	The students will know their personal responsibility for community environmental issues.	3	Students will research and present information on: <ul style="list-style-type: none"> • personal responsibility for community environmental issues • reduce, reuse, recycle, and alternatives • types and effects of pollution • environmental influences on health • local and state environmental issues • laws, ordinances, and policies
1	The students will know how to reduce, reuse, recycle, and alternatives.	3	
1	The students will know the types and effects of pollution.	3	
1	The students will know environmental influences on health.	3	
1	The students will know local and state environmental issues.	3	
1	The students will know laws, ordinances, and policies.	3	
Content Area: Injury Prevention and Safety			
Standard/s	Benchmark	Priority	Instructional Example
7	The students will comprehend prevention for sports, physical activity, and recreation related injury.	3	Students will create a bullet-point list for prevention for sports, physical activity and recreation related injury.
7	The students will use prevention skills and respond to mental violence (bullying and abuse).	3	Students will be assessed over prevention and responses to mental violence by having role play scripts, debating, and open discussions.
Content Area: Mental and Emotional Health			
Standard/s	Benchmark	Priority	Instructional Example
5	The students will comprehend stress management and coping skills.	3	Students will make a list of different stress managements and coping skills in given situations and scenarios.
5	The students will comprehend coping with loss and grief.	3	
2	The students will analyze characteristics of healthy and unhealthy relationships.	1	Students will be given situations of healthy and unhealthy relationships; they will identify the



Turner USD 202 Middle School Health Grade 8



			characteristics, compare and contrast, and explain whether the situation is healthy or not.
2	The students will comprehend the relationship between body image and self-esteem.	1	Students will read, write definitions, and discuss eating disorders/dysfunctions with peers. In a guided discussion they will relate those to body image and self-esteem.
1	The students will know eating disorders/dysfunctions.	2	
Content Area: Nutrition			
Standard/s	Benchmark	Priority	Instructional Example
6	The students will synthesize and evaluate meal planning and budgeting.	1	Students will create their own meal planning with a given budget. In this plan, they will make sure to include: places they could purchase food from the community, where they will store it after purchasing the food, nutritional facts from the food, recommended daily portion from my plate and how it affects the body.
5	The students will comprehend safe storage and food handling.	3	
1	The students will know community nutrition efforts.	3	
5	The students will analyze food labels.	1	
3	The students will synthesize and evaluate dietary guidelines.	1	
5	The students will apply establishing and maintaining healthy eating practices.	1	
2	The students will comprehend factors in weight control.	3	
2	The students will comprehend the impact of food choices.	3	
Content Area: Prevention & Control of Disease			
Standard/s	Benchmark	Priority	Instructional Example
1	The students will know disease prevention skills.	1	Presentation over disease prevention, causes of death, illness, and disorders, communicable and noncommunicable diseases, and medical resources, health screenings and treatment methods for disease. Students will list out prevention skills for diseases,
2	The students will comprehend common causes of death, illness, and disorders.	2	
2	The students will comprehend communicable and noncommunicable diseases.	3	



Turner USD 202 Middle School Health Grade 8



1	The students will know medical resources, health screenings and treatment methods for disease.	3	medical resources, health screenings, and treatments, and create a chart showing common causes of death, illness, and disorders. Students will also compare and contrast communicable versus noncommunicable diseases using a Venn diagram.
Content Area: Substance Use, Abuse and Addiction			
Standard/s	Benchmark	Priority	Instructional Example
2	The students will analyze effects and consequences of nicotine use (all forms).	1	Students will work in groups and create their own presentation via power point, prezi, etc. and present on substance use, abuse, and addiction. They will also include risk behaviors, social influences, effects on health dimensions, and treatments available to help prevent drug overdose, dependency, and abuse.
2	The students will analyze effects and consequences of alcohol use.	1	
2	The students will analyze effects and consequences of illegal drug use.	1	
1	The students will know cumulative risk behaviors (patterns, gateway drugs, etc.).	2	
2	The students will comprehend correct use, misuse, and abuse of drugs.	3	
8	The students will synthesize and evaluate addictive substances and effects on all dimensions of health.	2	
2	The students will comprehend media, social influences, and peer pressure of drug usage.	3	
1	The students will know treatment, intervention and prevention of drug overdose, dependency, and abuse.	3	