

Comprehensive Health Education in Grade 7

Personal and Consumer Health

Standard

Maryland State Curriculum Content Standard 3: Students will demonstrate the ability to use consumer knowledge, skills, and strategies to develop sound personal health practices involving the use of health care products, services, and community resources.

Indicators and Objectives

II. Risk Factors – Analyzing Influences
1. Analyze the relationship between unhealthy behaviors and disease.
a. Classify diseases as communicable or non-communicable including: <input type="checkbox"/> Diabetes <input type="checkbox"/> Heart and circulatory diseases <input type="checkbox"/> Cancer, including skin cancer <input type="checkbox"/> Influenza <input type="checkbox"/> Hepatitis <input type="checkbox"/> Strep throat <input type="checkbox"/> Tuberculosis <input type="checkbox"/> Allergies <input type="checkbox"/> Asthma <input type="checkbox"/> Lung diseases <input type="checkbox"/> Other
2. Describe the benefits of, and barriers to, practicing healthy behaviors.
a. Summarize the role of the immune system in responding to disease.
b. Analyze risk factors and behaviors that influence contraction and transmission of communicable diseases and infections.
3. Analyze how the environment affects personal health.
a. Analyze risk factors that impact non-communicable diseases. <input type="checkbox"/> Family history <input type="checkbox"/> Lifestyle choices <input type="checkbox"/> Environment <input type="checkbox"/> Culture
b. Categorize the risk factors into controllable or uncontrollable. <input type="checkbox"/> Present at birth <input type="checkbox"/> Caused by lifestyle behavior <input type="checkbox"/> Caused by the environment <input type="checkbox"/> Unknown causes

VII. Protective Factors – Self-Management
1. Demonstrate behaviors to avoid or reduce health risks to self and others.
a. Analyze the protective factors that decrease the occurrence of non-communicable diseases.

Grade 7 Personal and Consumer Health

- Regular medical checkups
- Immunizations and screenings
- Diet and weight management
- Exercise and rest
- Environmental exposure