

HEALTH

Health students study preventing disease, weight issues, emotions, risky behavior, mental disorders, and communicable diseases.

HL101

Chapter 1: Five Fundamental Elements of Food

Section 1: Proteins, Carbohydrates, Fats

Section 2: Vitamins & Minerals

Section 3: Other Essential Ingredients in Food

Section 4: Food Labels

Chapter 2: Climb the Pyramid to Good Health

Section 1: Six Major Food Groups

Section 2: Food Guide Pyramid

Section 3: Dietary Guidelines & Nutritional Claims

Chapter 3: Weighty Issues

Section 1: Gaining & Losing Weight

Section 2: Smart Snacking & Fast Food

Section 3: Get Moving

HL102

Chapter 1: Healthy Choices Prevent Disease

Section 1: Reduce Your Risk of Disease with Diet & Exercise

Section 2: Common Health Issues

Chapter 2: Stress & Communication

Section 1: Stress

Section 2: Communication

Section 3: Judgment or Observation

Section 4: Setting Boundaries

Chapter 3: Risky Behavior: Sexually Transmitted Diseases; Drugs; Alcohol

Section 1: Sexually Transmitted Diseases

Section 2: HIV/Aids

Section 3: Alcohol

Section 4: Tobacco Use

HL103

Chapter 1: Emotions

Section 1: Why Am I So Moody

Section 2: Mind-Body Connections

Section 3: Taming the Temper Tiger

Section 4: How to Deal with Uncomfortable Emotions

Chapter 2: Dealing with Life's Crises

Section 1: Cause of Loss & Grief

Section 2: Five Stages of Loss & Grief
Section 3: Coping with Depression
Chapter 3: Suicide
Section 1: Why Do Teens Try to Kill
Themselves
Section 2: How to Recognize the Warning Signs of Suicide
Section 3: What If It's You or Someone You Know

HL104

Chapter 1: Personality
Section 1: Why Study Personality
Section 2: What Influences Personality
Development
Section 3: What is Your Personality Type
Chapter 2: Mental Disorders
Section 1: Anxiety Disorders
Section 2: Eating Disorders
Section 3: Mood Disorders
Section 4: Personality Disorders
Section 5: Schizophrenia
Chapter 3: Addiction
Section 1: A Teen's Guide to Common
Addictions
Section 2: Signs of an Addiction
Section 3: Codependence
Chapter 4: Treatment for Mental Disorders & Addiction
Section 1: Who Treats Disorders &
Addictions
Section 2: What is Therapy

HL105

Chapter 1: Communicable Diseases
Section 1: Immune System, Pathogens: How Diseases Are Spread
Section 2: Other Communicable Diseases
Section 3: Research a communicable Disease
Chapter 2: Family History of Disease
Section 1: Research
Chapter 3: Health Issues of Today
Section 1: Research Project
Section 2: Scoring Rubric for Writing