### Health Education Overview

**Chapter 3: Your Body Systems**

* **Skeletal & Muscular Systems**
* **Nervous System**
* **Circulatory & Respiratory Systems**
* **Digestive & Excretory Systems**
* **Immune System**

**Chapter 4: Personal Health Care**

* **Personal Hygiene**
* **Taking Care of Your Skin and Hair**
* **Caring For Your Mouth and Teeth**
* **Protecting Your Eyes and Ears**

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* **ALWAYS CHANGING (Puberty Education) Parent letter will be sent home towards the end of 3rd quarter.**

**Tentative: During the 2 health weeks - Fitness Day on Thursdays.**

**Students will be required to wear physical education tennis shoes.**

#### Introduction to Health

* **What is Health**
* **The Health Triangle**

#### Chapter 1: Nutrition

* **Nutrients Your Body Needs**
* **Food Groups**

[**www.chooseyourplate.gov**](http://www.chooseyourplate.gov)

* **Making Healthy Food choices**
* **Eating Balanced Meals**
* **Energy Input/Output Balance**

**Chapter 2: Physical Fitness in Action**

* **Becoming Physically Fit**
* **Creating Your Fitness Plan**
* **Performing at Your Best**
* **Preventing Sports Injuries**