

## NJDOE MODEL CURRICULUM

<b>CONTENT AREA:</b> Health	<b>GRADE:</b> 6-8	<b>UNIT #:</b> 1	<b>UNIT NAME:</b> Personal Growth/Wellness
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#	STUDENT LEARNING OBJECTIVES	CORRESPONDING NJCCCS
<b>1</b>	Describe how effective decision making strategies can impact choices made by individuals or groups in regard to personal wellness. 6	(2.2.6.B.1,2.2.6.B.2)
<b>2</b>	Analyze and predict factors in certain social situations that may require the use of effective decision making strategies to ensure personal health and wellness. 7	(2.2.8.B.2,2.2.8.B.3)
<b>3</b>	Evaluate and demonstrate the impact of effective decision making skills to increase healthy lifestyle choices and wellness throughout their lifetime. 8	(2.2.8.B.1, 2.2.8.B.3)
<b>4</b>	Examine how to analyze food's nutritional value in relation to an individual's needs. 6	(2.1.6.A.2,2.1.6.A.3)
<b>5</b>	Determine how culture/family history impacts one's personal growth and health. 6	(2.1.8.A.1,2.1.8.A.2, 2.1.8.B.1)
<b>6</b>	Investigate different case scenarios to determine how food choices/supplements impact total well-being. 7	(2.1.8.A.1, 2.1.8.B.1, 2.1.8.B.)
<b>7</b>	Evaluate the impact of marketing techniques of new nutritional products and supplements. 7	(2.1.8.A.3, 2.1.8.A.4, 2.1.8.B.1)
<b>8</b>	Research (and design) a meal plan for a special case study (family background, special needs, dietary restrictions, etc.) implementing new products or supplements. 8	( 2.1.8.B.1, 2.1.8.B.3, 2.1.8.B.4)
<b>9</b>	Examine different methods to utilize a technological application to track and evaluate one's basal metabolic rate. 8	(2.1.8.A.4,2.1.8.B.2, 2.6.8.A.4)
<b>10</b>	Evaluate the impact that public health strategies have on the prevention of certain diseases and health conditions. 6	(2.1.6.C.2)
<b>11</b>	Identify and analyze the multiple factors (i.e. depression, eating disorders, and compulsive disorders) that may impact one's physical, social, emotional wellness. 7	(2.1.8.C.3)
<b>12</b>	Evaluate methods to justify professional intervention for different mental illnesses, physical	(2.1.8.C.2, 2.1.8.C.3)

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disabilities, or emotional distress. 8	
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Code #	NJCCCS
2.1- Wellness	
A. Personal Growth and Development	6 Staying healthy is a lifelong process that includes all dimensions of wellness
	2.1.6.A.2 Relate how personal lifestyle habits, environment, and heredity influence growth and development in each life stage. 2.1.6.A.3 Determine factors that influence the purchase of healthcare products and use of personal hygiene practices.
	8 Developing and maintaining wellness requires ongoing evaluation of factors impacting health and modifying lifestyle behaviors accordingly.
	2.1.8.A.1 Assess and apply health data to enhance each dimension of personal wellness. 2.1.8.A.2 Compare and contrast the impact of genetics, family history, personal health practices, and environment on personal growth and development in each life stage. 2.1.8.A.3 Relate advances in technology to maintaining and improving personal health. 2.1.8.A.4 Determine the impact of marketing techniques on the use of personal hygiene products, practices, and services.
B. Nutrition	6 Eating patterns are influenced by a variety of factors.
	2.1.6.B.3 Create a daily balanced nutritional meal plan based on nutritional content, value, calories, and cost. 2.1.6.B.4 Compare and contrast nutritional information on similar food products in order to make informed choices.
	8 Eating patterns are influenced by a variety of factors.

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	<p>2.1.8.B.1 Analyze how culture, health status, age, and eating environment influence personal eating patterns and recommend ways to provide nutritional balance.</p> <p>2.1.8.B.2 Identify and defend healthy ways for adolescents to lose, gain, or maintain weight.</p> <p>2.1.8.B.3 Design a weekly nutritional plan for families with different lifestyles, resources, special needs, and cultural backgrounds.</p> <p>2.1.8.B.4 Analyze the nutritional values of new products and supplements.</p>
C. Diseases and Health conditions	6 The early detection and treatment of diseases and health conditions impact one’s health.
	<p>2.1.6.C.1 Summarize means of detecting and treating diseases and health conditions that are prevalent in adolescents.</p> <p>2.1.6.C.2 Determine the impact of public health strategies in preventing diseases and health conditions.</p>
	8 The prevention and control of diseases and health conditions are affected by many factors.
	<p>2.1.8.C.2 Analyze local, state, national, and international public health efforts to prevent and control diseases and health conditions.</p> <p>2.1.8.C.3 Analyze the impact of mental illness (e.g., depression, impulse disorders such as gambling or shopping, eating disorders, and bipolar disorders) on physical, social, and emotional well-being.</p>
2.2- Integrated Skills	
B. Decision Making and Goal Setting	6 Every health-related decision has short- and long-term consequences and affects the ability to reach health goals.
	2.2.6.B.1 Use effective decision-making strategies.

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	<p>2.2.6.B.2 Predict how the outcome(s) of a health-related decision may differ if an alternative decision is made by self or others.</p>
	<p>8 Every health-related decision has short- and long-term consequences and affects the ability to reach health goals.</p>
	<p>2.2.8.B.1 Predict social situations that may require the use of decision-making skills.</p> <p>2.2.8.B.2 Justify when individual or collaborative decision-making is appropriate.</p> <p>2.2.8.B.3 Analyze factors that support or hinder the achievement of personal health goals during different life stages.</p>
2.6- Fitness	
A. Fitness and Physical Activity	<p>8 Knowing and applying a variety of effective training principles over time enhances personal fitness level, performance, and health status.</p> <p>2.6.8.A.1 Summarize the short- and long-term physical, social, and emotional benefits of regular physical activity.</p> <p>2.6.8.A.4 Determine ways to achieve a healthy body composition through healthy eating, physical activity, and other lifestyle behaviors.</p>