

**Health
Family and Consumer Sciences
Grade 7**

Students will

Standard #

**SKILLS FOR HEALTHY GROWTH
AND DEVELOPMENT**

- 1.8, 5.9** Describe the influence of health habits on growth and development; describe the relationships among physical appearance, changes in the body, and self-concept and esteem.
- 5.11** Analyze healthy ways to express emotions and to cope with feelings, including the common causes of stress, its effects on the body, and ways of managing stress.
- 7.5** Use attentive listening, feedback, and assertiveness skills to enhance positive interpersonal communication.

STRENGTHENING FAMILY RELATIONSHIPS

- 6.1** Describe types of families, their purposes, and the responsibilities of family members.
- 6.5** Identify how strong families function.

CONFLICT MANAGEMENT

- 7.6** Explain how peer pressure influences choices, and apply strategies for managing negative peer pressure and encouraging positive peer pressure.
- 11.6** Identify the social and emotional consequences of harassment.
- 11.9** Demonstrate effective communication and negotiation for resolving conflicts.

Family and Consumer Sciences Grade 7 (Continued)

Students will

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CONSUMER ECONOMICS

- 12.3, 12.8** Identify how consumers become informed and responsible.
- 12.4** Identify advertising techniques; identify individual resources (time and money).
- 12.17** Plan a budget and identify how consumer decisions and actions influence physical and mental health.
- 13.4** Identify individual and community responsibility in ecological health.

HEALTHY BODY IMAGE AND NUTRITION

- 3.2** Use USDA Food Guide Pyramid and the concepts of balance, variety, and moderation to plan healthy meals and snacks.
- 3.3** Recognize hunger and satiety cues.
- 3.4** Identify the role of heredity, metabolism, diet, and physical activity as key factors in body shape and size.
- 3.6** Describe hygiene and safety measures used in preparing foods.
- 3.8** List the function of key nutrients and describe how the US Dietary Guidelines relate to health.
- 3.9** Describe a healthy adolescent diet.
- 3.10** Explain the components of a nutrition label.
- 3.11** Analyze dietary intake and eating patterns.
- 3.12** Explain factors associated with a safe food supply (food handling, storage, and preparation techniques).
- 3.17** Identify the effects of food preparation techniques on the nutritional value of food.
- 12.16** Describe the unrealistic and negative body images in Western society and the role of the media in perpetuating them.

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CURRENT HEALTH ISSUES

10.8 Demonstrate ways of refusing and sharing of preventive health information.

HUMAN GROWTH AND DEVELOPMENT

1.12 Describe the sequential pattern of child growth and development.

6.4 Identify what parents do to provide a safe, healthy environment for their children.

COMMUNITY SERVICE LEARNING

CPS Demonstrate hand sewing techniques for buttons, repairs, and hems.

14.4 Participate in community service and become knowledgeable about and active in school and community health promotion.

