

Health Education 1 - Backward Design

Assessment for: Healthy Self

<i>The student will be expected to:</i>			
Outcome	What does it mean?	How will I know students get it?(assessment)	How will I get there?(activities)
demonstrate an understanding that having a positive self-identity enhances health			
explore the concept of gender			
demonstrate an understanding that mental health is just as important for feeling well as physical health and that we can express our feelings to people we trust			
explain the function and purpose of primary and adult teeth, the importance of oral health and ways to maintain it			

categorize food into four food groups according to Canada's food guide, and explain how foods from these four groups can help us to grow, learn, be active, and stay healthy			
describe ways humans maintain energy			
demonstrate an understanding of what medicines are for, where they come from, their safety rules, and their role in enhancing health			

