

Health Education 1

Specific Curriculum Outcomes

Students will be expected to

Healthy Self

- 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

Healthy Relationships

- demonstrate an awareness of changes that affect families and healthy ways to cope with changes
- differentiate between health-related decisions they can make for themselves and those that are the responsibilities of others
- practise communication skills that promote healthy relationships and personal safety within a variety of contexts

Healthy Community

- explain how media can be both helpful and harmful to their health
- describe ways that our senses, including intuition, keep us safe from injury and illness
- identify times when one can be active and when one cannot and recognize how home, travel, entertainment, and communication technologies contribute to inactivity