



## Grade 8 Health Expectations

---

### **Health Maintenance and Enhancement**

#### **1. Personal and Family Health**

##### *A. Personal Health*

Analyze how social, emotional, physical, and mental health affect wellness

##### *B. Preventive Care*

Assess personal health needs during adolescence and apply strategies to address those needs or problems

#### **2. Nutrition**

##### *A. Essential Nutrients and Food Groupings*

Justify food sources that supply each of the essential nutrients

##### *B. Balance, Variety, and Moderation*

Create a meal plan (s) through the selection of appropriate food based on energy needs, food preferences and nutrient requirements as represented in “My Pyramid”

#### **Life Management Skills**

##### *A. Decision Making and Problem Solving*

Distinguish between problems that can be solved independently and those that need the help of a peer, adult, or professional

##### *E. Harassment/Bullying and Violence Prevention*

Demonstrate strategies to prevent, manage, or report social problems related to abuse, exploitation, harassment, or bullying

Investigate resources available to cope with social problems related to abuse, exploitation, harassment, or bullying (e.g., school, police, peers, hotlines, counselors)

## **Risk Assessment and Reduction**

### **Injury Prevention and Safety**

#### *First Aid Procedures*

Prioritize and demonstrate the steps involved in assessing an emergency situation including 911 format, check, call, care

Analyze why the processes are used in sequential order (i.e., ABC of emergencies)

### **4. Environmental Health**

#### *A. Effects of Pollution on Health*

Describe ways in which the environment and ecosystems can be damaged and disrupted such as overpopulation, overuse of resources, and pollution

#### *B. Individual Responsibility*

Evaluate potential results of an environmental solution considering aesthetics, ethics, societal responsibility

Examine existing and potential environmental health problems within their community and create solutions to address them