

# Health, 2<sup>nd</sup> Edition • Lesson Plan Overview

## Chapter 1: Let's Talk About Health

PPT Pres. PowerPoint Presentation

Pages	Objectives	Resources	Assessments
<b>Section 1.1   Being Healthy and Happy</b>			
6–10	<p><b>1.1.1</b> Define <i>health</i>.</p> <p><b>1.1.2</b> Relate physical, mental, and social health. <b>BWS</b> Identity (explain)</p> <p><b>1.1.3</b> Summarize general guidelines for nutrition, sleep, and physical activity.</p> <p><b>1.1.4</b> Compare personal health practices to research-based guidelines. <b>BWS</b> Discernment (explain)</p> <p><b>1.1.5</b> Describe the benefits of practicing healthy behaviors.</p>	<p><b>Teacher Edition</b></p> <ul style="list-style-type: none"> <li>• Section 1.1 Review Answers</li> </ul> <p><b>BJU Press Trove*</b></p> <ul style="list-style-type: none"> <li>• Video: <i>Let's Talk about Health</i></li> <li>• Link: <i>Having a Healthy Lifestyle</i></li> <li>• Link: <i>MyPlate</i></li> <li>• PPT Pres.: Section 1.1</li> </ul> <p><b>Materials</b></p> <ul style="list-style-type: none"> <li>• Personal Health Journals</li> </ul>	<p><b>Student Edition</b></p> <ul style="list-style-type: none"> <li>• Section 1.1 Review</li> </ul>
<b>Section 1.2   Health Care</b>			
11–16	<p><b>1.2.1</b> Define <i>health care</i>.</p> <p><b>1.2.2</b> Summarize the parts of the biblical ethics triad. <b>BWS</b> Ethics (explain)</p> <p><b>1.2.3</b> Compare the accessibility of health care in different communities.</p> <p><b>1.2.4</b> Analyze the relationship between access to health care and overall health.</p> <p><b>1.2.5</b> Create a proposal to advocate for health improvement. <b>BWS</b> Discernment (explain)</p>	<p><b>Teacher Edition</b></p> <ul style="list-style-type: none"> <li>• Health and Ethics: <i>Biblical Ethics Triad</i></li> <li>• Global Health on Mission: <i>Open Doors through Health Care</i></li> <li>• Hands-On Health: <i>Local Accessibility Scenario</i></li> <li>• Section 1.2 Review Answers</li> </ul> <p><b>BJU Press Trove</b></p> <ul style="list-style-type: none"> <li>• Video: <i>Open Doors through Health Care</i></li> <li>• Link: <i>Amazing Drone (through 4:25)</i></li> <li>• PPT Pres.: Section 1.2</li> </ul>	<p><b>Student Edition</b></p> <ul style="list-style-type: none"> <li>• Section 1.2 Review</li> </ul>

\*Digital resources for homeschool users are available on Homeschool Hub.

Pages	Objectives	Resources	Assessments
<b>Section 1.3   Health and Risk</b>			
17–20	<p><b>1.3.1</b> Explain the importance of regular medical and dental checkups, vaccinations, and examinations.</p> <p><b>1.3.2</b> Identify the warning signs that prompt people to seek health care.</p> <p><b>1.3.3</b> Identify ways genetics and family history can impact personal health.</p> <p><b>1.3.4</b> List the most common health risks.</p> <p><b>1.3.5</b> Describe refusal, negotiation, and collaboration skills to avoid or reduce health risks. <b>BWS</b> Relationships (explain)</p> <p><b>1.3.6</b> Apply refusal, negotiation, and collaboration skills to avoid or reduce health risks. <b>BWS</b> Relationships (apply)</p>	<p><b>Teacher Edition</b></p> <ul style="list-style-type: none"> <li>• Section 1.3 Review Answers</li> </ul> <p><b>BJU Press Trove</b></p> <ul style="list-style-type: none"> <li>• Link: <i>Eradicating Polio</i></li> <li>• Link: <i>Family History and Your Health</i></li> <li>• PPT Pres.: Section 1.3</li> </ul> <p><b>Materials</b></p> <ul style="list-style-type: none"> <li>• Personal Health Journals</li> </ul>	<p><b>Student Edition</b></p> <ul style="list-style-type: none"> <li>• Section 1.3 Review</li> </ul> <p><b>Teacher Edition</b></p> <ul style="list-style-type: none"> <li>• Health Campaign Presentation</li> </ul>
<b>Section 1.4   Health Skills</b>			
21–25	<p><b>1.4.1</b> Conduct a personal assessment of health and safety knowledge and skills.</p> <p><b>1.4.2</b> Evaluate health information, products, and services. <b>BWS</b> Discernment (evaluate)</p> <p><b>1.4.3</b> Demonstrate the correct method to locate and check a pulse.</p> <p><b>1.4.4</b> Demonstrate the correct method to check blood pressure.</p>	<p><b>Teacher Edition</b></p> <ul style="list-style-type: none"> <li>• Health and Media: <i>Evaluating Health Information</i></li> <li>• Healthy Life Skills: <i>Pulse and Blood Pressure</i></li> <li>• Section 1.4 Review Answers</li> </ul> <p><b>BJU Press Trove</b></p> <ul style="list-style-type: none"> <li>• Link: <i>Evaluating Health Information</i></li> <li>• Link: <i>Fitness Trackers and Science</i></li> <li>• PPT Pres.: Section 1.4</li> </ul> <p><b>Materials</b></p> <ul style="list-style-type: none"> <li>• Personal Health Journals</li> </ul>	<p><b>Student Edition</b></p> <ul style="list-style-type: none"> <li>• Section 1.4 Review</li> </ul>
<b>Chapter 1 Review</b>			
26–27	<p>Explain what it means to be healthy.</p> <p>Evaluate the importance of health care as part of personal health.</p> <p>Apply essential knowledge of health and risk to healthy decision-making.</p> <p>Analyze sources of health information.</p> <p>Demonstrate basic health skills.</p>	<p><b>Teacher Edition</b></p> <ul style="list-style-type: none"> <li>• Chapter 1 Review Answers</li> </ul>	<p><b>Student Edition</b></p> <ul style="list-style-type: none"> <li>• Chapter 1 Review</li> </ul>
<b>Chapter 1 Test</b>			
	<p>Demonstrate knowledge of concepts from Chapter 1 by taking the test.</p>		<p><b>Assessments</b></p> <ul style="list-style-type: none"> <li>• Chapter 1 Test</li> </ul> <p><b>BJU Press Trove</b></p> <ul style="list-style-type: none"> <li>• Chapter 1 Test Bank</li> </ul>

# Chapter 2: Health and Safety

PPT Pres. PowerPoint Presentation

Pages	Objectives	Resources	Assessments
<b>Section 2.1   Personal Care</b>			
30–33	<p><b>2.1.1</b> Relate personal hygiene to personal health. <b>BWS</b> Identity (explain)</p> <p><b>2.1.2</b> Recommend personal preventive health measures.</p> <p><b>2.1.3</b> Recommend daily good oral hygiene habits.</p> <p><b>2.1.4</b> Recommend daily good personal hygiene, sleep, and rest habits.</p>	<p><b>Teacher Edition</b></p> <ul style="list-style-type: none"> <li>• Hands-On Health: <i>Plan for Daily Routines</i></li> <li>• Section 2.1 Review Answers</li> </ul> <p><b>BJU Press Trove*</b></p> <ul style="list-style-type: none"> <li>• Video: <i>Health and Safety</i></li> <li>• Link: <i>Importance of Flossing</i></li> <li>• PPT Pres.: Section 2.1</li> </ul> <p><b>Materials</b></p> <ul style="list-style-type: none"> <li>• Personal Health Journals</li> </ul>	<p><b>Student Edition</b></p> <ul style="list-style-type: none"> <li>• Section 2.1 Review</li> </ul>
<b>Section 2.2   Assessing Risks</b>			
34–35	<p><b>2.2.1</b> Evaluate personal susceptibility to injury based on behaviors.</p> <p><b>2.2.2</b> Analyze the potential severity of injury based on behaviors.</p>	<p><b>Teacher Edition</b></p> <ul style="list-style-type: none"> <li>• Section 2.2 Review Answers</li> </ul> <p><b>BJU Press Trove</b></p> <ul style="list-style-type: none"> <li>• Link: <i>Skydiving without a Parachute</i></li> <li>• PPT Pres.: Section 2.2</li> </ul>	<p><b>Student Edition</b></p> <ul style="list-style-type: none"> <li>• Section 2.2 Review</li> </ul>
<b>Section 2.3   Personal Safety</b>			
36–43	<p><b>2.3.1</b> Describe ways to make the home safe.</p> <p><b>2.3.2</b> Evaluate personal susceptibility to injury inside the home based on behaviors.</p> <p><b>2.3.3</b> Propose ways to reduce or prevent injuries.</p>	<p><b>Teacher Edition</b></p> <ul style="list-style-type: none"> <li>• Healthy Life Skills: <i>Defensive Driving</i></li> <li>• Case Study: <i>Concussion</i></li> <li>• Section 2.3 Review Answers</li> </ul> <p><b>BJU Press Trove</b></p> <ul style="list-style-type: none"> <li>• Link: <i>Defensive Driving</i></li> <li>• Link: <i>HEADS UP (CDC)</i></li> <li>• Link: Concussion Information</li> <li>• PPT Pres.: Section 2.3</li> </ul>	<p><b>Student Edition</b></p> <ul style="list-style-type: none"> <li>• Section 2.3 Review</li> </ul>

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Pages	Objectives	Resources	Assessments
<b>Section 2.4   CPR and First Aid</b>			
44–55	<p><b>2.4.1</b> Explain the importance of universal precautions.</p> <p><b>2.4.2</b> Explain techniques for health care in crisis situations (including first aid and CPR).  <b>BWS</b> Ethics (explain)</p> <p><b>2.4.3</b> Relate common first aid techniques to specific emergency situations.</p> <p><b>2.4.4</b> Summarize emergency care techniques (CPR and first aid).</p>	<p><b>Teacher Edition</b></p> <ul style="list-style-type: none"> <li>• Health Careers: <i>Emergency Medical Technician</i></li> <li>• Health and Ethics: <i>Modeling Using the Biblical Ethics Triad Strategy</i></li> <li>• Section 2.4 Review Answers</li> </ul> <p><b>BJU Press Trove</b></p> <ul style="list-style-type: none"> <li>• Video: <i>Emergency Medical Technician</i></li> <li>• Link: <i>High School Student Uses CPR</i></li> <li>• Link: <i>Good Samaritan Laws</i></li> <li>• Link: <i>Teen Saves Choking Friend</i></li> <li>• Link: <i>American Red Cross Training and Certification</i></li> <li>• PPT Pres.: Section 2.4</li> </ul> <p><b>Materials</b></p> <ul style="list-style-type: none"> <li>• EpiPen trainer</li> </ul>	<p><b>Student Edition</b></p> <ul style="list-style-type: none"> <li>• Section 2.4 Review</li> </ul>
<b>Chapter 2 Review</b>			
56–57	<p>Describe hygiene habits that lead to good health.</p> <p>Practice safety precautions that reduce injuries from accidents.</p> <p>Practice safety precautions that reduce injuries inside your home.</p> <p>Demonstrate how to provide assistance in an emergency.</p>	<p><b>Teacher Edition</b></p> <ul style="list-style-type: none"> <li>• Chapter 2 Review Answers</li> </ul>	<p><b>Student Edition</b></p> <ul style="list-style-type: none"> <li>• Chapter 2 Review</li> </ul>
<b>Chapter 2 Test</b>			
	<p>Demonstrate knowledge of concepts from Chapter 2 by taking the test.</p>		<p><b>Assessments</b></p> <ul style="list-style-type: none"> <li>• Chapter 2 Test</li> </ul> <p><b>BJU Press Trove</b></p> <ul style="list-style-type: none"> <li>• Chapter 2 Test Bank</li> </ul>

# Chapter 3: Your Brain and Mental Health

PPT Pres. PowerPoint Presentation

Pages	Objectives	Resources	Assessments
<b>Section 3.1   Your Nervous System</b>			
62–65	<b>3.1.1</b> Describe the major structures and functions of the nervous system. <b>3.1.2</b> Explain ways the nervous system can affect overall health.	<b>Teacher Edition</b> <ul style="list-style-type: none"> <li>• Healthy Life Skills: <i>Importance of Sleep for Teens</i></li> <li>• Section 3.1 Review Answers</li> </ul> <b>BJU Press Trove*</b> <ul style="list-style-type: none"> <li>• Video: <i>Your Brain and Mental Health</i></li> <li>• Link: <i>Nervous System Overview</i></li> <li>• Link: <i>Effect of Caffeine on Sleep</i></li> <li>• Link: <i>Coffee and Your Brain</i></li> <li>• PPT Pres.: Section 3.1</li> </ul> <b>Materials</b> <ul style="list-style-type: none"> <li>• Personal Health Journals</li> </ul>	<b>Student Edition</b> <ul style="list-style-type: none"> <li>• Section 3.1 Review</li> </ul>
<b>Section 3.2   Personality and Self-Image</b>			
66–69	<b>3.2.1</b> Describe personality and self-image. <b>BWS</b> Identity (explain) <b>3.2.2</b> Evaluate views of personality and self-image. <b>BWS</b> Identity (evaluate) <b>3.2.3</b> Relate personality and self-image to overall health. <b>BWS</b> Identity (formulate)	<b>Teacher Edition</b> <ul style="list-style-type: none"> <li>• Health and Media: <i>Who Am I?</i></li> <li>• Section 3.2 Review Answers</li> </ul> <b>BJU Press Trove</b> <ul style="list-style-type: none"> <li>• Video: <i>Who Am I?</i></li> <li>• Link: <i>Personality Types</i></li> <li>• PPT Pres.: Section 3.2</li> </ul>	<b>Student Edition</b> <ul style="list-style-type: none"> <li>• Section 3.2 Review</li> </ul>
<b>Section 3.3   Stress and Your Response</b>			
70–73	<b>3.3.1</b> Describe the effects of stress on health. <b>3.3.2</b> Analyze how the body reacts to stressful situations. <b>3.3.3</b> Design a plan to manage stress according to biblical principles. <b>BWS</b> Virtue (formulate)	<b>Teacher Edition</b> <ul style="list-style-type: none"> <li>• Hands-On Health: <i>Time Management Project</i></li> <li>• Section 3.3 Review Answers</li> </ul> <b>BJU Press Trove</b> <ul style="list-style-type: none"> <li>• Link: <i>Stress and Your Body</i></li> <li>• PPT Pres.: Section 3.3</li> </ul> <b>Materials</b> <ul style="list-style-type: none"> <li>• Personal Health Journals</li> </ul>	<b>Student Edition</b> <ul style="list-style-type: none"> <li>• Section 3.3 Review</li> </ul>

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<b>Pages</b>	<b>Objectives</b>	<b>Resources</b>	<b>Assessments</b>
<b>Chapter 3 Review</b>			
74–75	Relate the nervous system to health. Formulate a self-image based on biblical principles. Propose healthy ways to manage stress according to biblical principles.	<b>Teacher Edition</b> • Chapter 3 Review Answers	<b>Student Edition</b> • Chapter 3 Review
<b>Chapter 3 Test</b>			
	Demonstrate knowledge of concepts from Chapter 3 by taking the test.		<b>Assessments</b> • Chapter 3 Test <b>BJU Press Trove</b> • Chapter 3 Test Bank

# Chapter 4: Managing Your Mind

PPT Pres. PowerPoint Presentation

Pages	Objectives	Resources	Assessments
<b>Section 4.1   Mental Disorders</b>			
78–90	<p><b>4.1.1</b> Identify symptoms of common mental health conditions.</p> <p><b>4.1.2</b> Summarize the causes, harmful effects, and treatments of mental health conditions.</p> <p><b>4.1.3</b> Compare the medical and biblical models of diagnosis and treatment of mental disorders.  <b>BWS</b> Virtue (evaluate)</p>	<p><b>Teacher Edition</b></p> <ul style="list-style-type: none"> <li>• Health Career: Biblical Counselor</li> <li>• Case Study: Anxiety Disorder</li> <li>• Case Study: Depression</li> <li>• Case Study: PTSD</li> <li>• Hands-On Health: Biblical Counseling Plan</li> <li>• Section 4.1 Review Answers</li> </ul> <p><b>BJU Press Trove*</b></p> <ul style="list-style-type: none"> <li>• Video: Managing Your Mind</li> <li>• Video: Biblical Counselor</li> <li>• PPT Pres.: Section 4.1</li> </ul>	<p><b>Student Edition</b></p> <ul style="list-style-type: none"> <li>• Section 4.1 Review</li> </ul>
<b>Section 4.2   Managing Mental Health</b>			
91–95	<p><b>4.2.1</b> Relate mental health to physical health.</p> <p><b>4.2.2</b> Identify strategies to manage symptoms of depression and loss.  <b>BWS</b> Virtue (explain)</p> <p><b>4.2.3</b> Identify behaviors of people considering suicide.</p> <p><b>4.2.4</b> Suggest methods of counseling people considering suicide.  <b>BWS</b> Ethics (apply)</p> <p><b>4.2.5</b> Design a plan for maintaining good mental health that prioritizes biblical practices.  <b>BWS</b> Virtue (formulate)</p>	<p><b>Teacher Edition</b></p> <ul style="list-style-type: none"> <li>• Healthy Life Skills: Daily Quiet Time</li> <li>• Health and Ethics: Is Suicide Ethical?</li> <li>• Section 4.2 Review Answers</li> </ul> <p><b>BJU Press Trove</b></p> <ul style="list-style-type: none"> <li>• Link: Overcoming Depression</li> <li>• PPT Pres.: Section 4.2</li> </ul> <p><b>Materials</b></p> <ul style="list-style-type: none"> <li>• Personal Health Journals</li> </ul>	<p><b>Student Edition</b></p> <ul style="list-style-type: none"> <li>• Section 4.2 Review</li> </ul>
<b>Chapter 4 Review</b>			
96–97	<p>Propose a biblical approach to the treatment of mental disorders.</p> <p>Develop habits that will promote good mental health.</p> <p>Formulate a biblical position on the issue of suicide.</p>	<p><b>Teacher Edition</b></p> <ul style="list-style-type: none"> <li>• Chapter 4 Review Answers</li> </ul>	<p><b>Student Edition</b></p> <ul style="list-style-type: none"> <li>• Chapter 4 Review</li> </ul>

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Pages	Objectives	Resources	Assessments
<b>Chapter 4 Test</b>			
	Demonstrate knowledge of concepts from Chapter 4 by taking the test.		<b>Assessments</b> <ul style="list-style-type: none"> <li>• Chapter 4 Test</li> </ul> <b>BJU Press Trove</b> <ul style="list-style-type: none"> <li>• Chapter 4 Test Bank</li> </ul>



# Chapter 5: Digestion

PPT Pres. PowerPoint Presentation

Pages	Objectives	Resources	Assessments
<b>Section 5.1   Your Digestive System</b>			
102–5	<b>5.1.1</b> Describe the major structures and functions of the digestive system. <b>5.1.2</b> Summarize how the digestive system can affect overall health.	<b>Teacher Edition</b> <ul style="list-style-type: none"> <li>• Hands-On Health: Choking</li> <li>• Section 5.1 Review Answers</li> </ul> <b>BJU Press Trove*</b> <ul style="list-style-type: none"> <li>• Video: Digestive Health</li> <li>• Link: Saving a Choking Victim</li> <li>• PPT Pres.: Section 5.1</li> </ul> <b>Materials</b> <ul style="list-style-type: none"> <li>• Personal Health Journals</li> </ul>	<b>Student Edition</b> <ul style="list-style-type: none"> <li>• Section 5.1 Review</li> </ul>
<b>Section 5.2   Maintaining Digestive Health</b>			
106–8	<b>5.2.1</b> Summarize what good digestive health means. <b>5.2.2</b> Develop a plan to maximize digestive health.	<b>Teacher Edition</b> <ul style="list-style-type: none"> <li>• Healthy Life Skills: Food Safety</li> <li>• Section 5.2 Review Answers</li> </ul> <b>BJU Press Trove</b> <ul style="list-style-type: none"> <li>• Link: Gut Health</li> <li>• Link: Foodborne Illness Prevention</li> <li>• PPT Pres.: Section 5.2</li> </ul> <b>Materials</b> <ul style="list-style-type: none"> <li>• Personal Health Journals</li> </ul>	<b>Student Edition</b> <ul style="list-style-type: none"> <li>• Section 5.2 Review</li> </ul>
<b>Section 5.3   Your Urinary System</b>			
109–11	<b>5.3.1</b> Describe the major structures and functions of the urinary system. <b>5.3.2</b> Summarize ways the urinary system can affect overall health. <b>5.3.3</b> Formulate an argument regarding organ donation. <b>BWS</b> Ethics (formulate)	<b>Teacher Edition</b> <ul style="list-style-type: none"> <li>• Health and Ethics: Organ Donation</li> <li>• Appendix: Ethics Writing Rubric</li> <li>• Section 5.3 Review Answers</li> </ul> <b>BJU Press Trove</b> <ul style="list-style-type: none"> <li>• Link: How Does Dialysis Work?</li> <li>• Additional Resource: Ethics Writing Rubric</li> <li>• PPT Pres.: Section 5.3</li> </ul> <b>Materials</b> <ul style="list-style-type: none"> <li>• Personal Health Journals</li> </ul>	<b>Student Edition</b> <ul style="list-style-type: none"> <li>• Section 5.3 Review</li> </ul>

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<b>Pages</b>	<b>Objectives</b>	<b>Resources</b>	<b>Assessments</b>
<b>Chapter 5 Review</b>			
112–13	<p>Describe how the digestive system affects health.</p> <p>Propose ways to improve digestive health.</p> <p>Describe how the urinary system affects health.</p> <p>Write a letter to persuade a reader regarding the issue of organ donation.</p>	<b>Teacher Edition</b> <ul style="list-style-type: none"> <li>Chapter 5 Review Answers</li> </ul>	<b>Student Edition</b> <ul style="list-style-type: none"> <li>Chapter 5 Review</li> </ul>
<b>Chapter 5 Test</b>			
	<p>Demonstrate knowledge of concepts from Chapter 5 by taking the test.</p>		<b>Assessments</b> <ul style="list-style-type: none"> <li>Chapter 5 Test</li> </ul> <b>BJU Press Trove</b> <ul style="list-style-type: none"> <li>Chapter 5 Test Bank</li> </ul>

# Chapter 6: Nutrition

PPT Pres. PowerPoint Presentation

Pages	Objectives	Resources	Assessments
<b>Section 6.1   Macronutrients</b>			
116–22	<p><b>6.1.1</b> Relate identity to healthy food choices. <b>BWS</b> Identity (explain)</p> <p><b>6.1.2</b> Define <i>macronutrients</i>.</p> <p><b>6.1.3</b> Explain the functions of different types of macronutrients.</p> <p><b>6.1.4</b> Relate the importance of staying hydrated to overall health.</p>	<p><b>Teacher Edition</b></p> <ul style="list-style-type: none"> <li>• Health Careers: <i>Registered Dietitian</i></li> <li>• Hands-On Health: <i>Hidden in Plain Sight!</i></li> <li>• Section 6.1 Review Answers</li> </ul> <p><b>BJU Press Trove*</b></p> <ul style="list-style-type: none"> <li>• Video: <i>Nutrition</i></li> <li>• Video: <i>Registered Dietitian</i></li> <li>• PPT Pres.: Section 6.1</li> </ul> <p><b>Materials</b></p> <ul style="list-style-type: none"> <li>• Personal Health Journals</li> </ul>	<p><b>Student Edition</b></p> <ul style="list-style-type: none"> <li>• Section 6.1 Review</li> </ul>
<b>Section 6.2   Micronutrients</b>			
123–32	<p><b>6.2.1</b> Define <i>micronutrients</i>.</p> <p><b>6.2.2</b> List the different types of micronutrients.</p> <p><b>6.2.3</b> Explain the body's need for vitamins and minerals.</p> <p><b>6.2.4</b> Classify different foods by their micronutrient content.</p>	<p><b>Teacher Edition</b></p> <ul style="list-style-type: none"> <li>• Global Health on Mission: <i>Vitamin Deficiencies</i></li> <li>• Section 6.2 Review Answers</li> </ul> <p><b>BJU Press Trove</b></p> <ul style="list-style-type: none"> <li>• Link: <i>Macronutrients and Micronutrients</i></li> <li>• Link: <i>How Vitamins Work</i></li> <li>• PPT Pres.: Section 6.2</li> </ul> <p><b>Materials</b></p> <ul style="list-style-type: none"> <li>• Personal Health Journals</li> </ul>	<p><b>Student Edition</b></p> <ul style="list-style-type: none"> <li>• Section 6.2 Review</li> </ul>
<b>Section 6.3   Healthy Food Choices</b>			
133–37	<p><b>6.3.1</b> Explain why eating a variety of foods and controlling portion sizes are important for health.</p> <p><b>6.3.2</b> Relate nutrition to a person's health, wellness, and lifestyle. <b>BWS</b> Identity (explain)</p> <p><b>6.3.3</b> Explain how a person can use the information on nutrition facts labels to make healthy food choices.</p> <p><b>6.3.4</b> Create a healthy meal plan for one day, taking into consideration the daily recommendations for calories, fat, cholesterol, carbohydrates, proteins, vitamins, and minerals. <b>BWS</b> Ethics (apply)</p>	<p><b>Teacher Edition</b></p> <ul style="list-style-type: none"> <li>• Health and Media: <i>Dieting</i></li> <li>• Healthy Life Skills: <i>Meal Planning</i></li> <li>• Section 6.3 Review Answers</li> </ul> <p><b>BJU Press Trove</b></p> <ul style="list-style-type: none"> <li>• Video: <i>Fad Diet, Bad Diet?</i></li> <li>• Link: <i>Long Eared Drifter</i></li> <li>• PPT Pres.: Section 6.3</li> </ul> <p><b>Materials</b></p> <ul style="list-style-type: none"> <li>• Personal Health Journals</li> </ul>	<p><b>Student Edition</b></p> <ul style="list-style-type: none"> <li>• Section 6.3 Review</li> </ul>

\*Digital resources for homeschool users are available on Homeschool Hub.

Pages	Objectives	Resources	Assessments
<b>Chapter 6 Review</b>			
138–39	Describe the role of macronutrients in the body. Describe the role of micronutrients in the body. Explain the role that healthy food and hydration choices play in overall health.	<b>Teacher Edition</b> • Chapter 6 Review Answers	<b>Student Edition</b> • Chapter 6 Review
<b>Chapter 6 Test</b>			
	Demonstrate knowledge of concepts from Chapter 6 by taking the test.		<b>Assessments</b> • Chapter 6 Test <b>BJU Press Trove</b> • Chapter 6 Test Bank

# Chapter 7: Fitness

PPT Pres. PowerPoint Presentation

Pages	Objectives	Resources	Assessments
<b>Section 7.1   Your Skeletal and Muscular Systems</b>			
142–46	<p><b>7.1.1</b> Describe the major structures and functions of the skeletal and muscular systems.</p> <p><b>7.1.2</b> Analyze ways your skeletal and muscular systems can affect your overall health.</p>	<p><b>Teacher Edition</b></p> <ul style="list-style-type: none"> <li>Hands-On Health: <i>First Aid for Sports-Related Injuries</i></li> <li>Section 7.1 Review Answers</li> </ul> <p><b>BJU Press Trove*</b></p> <ul style="list-style-type: none"> <li>Video: <i>Fitness</i></li> <li>PPT Pres.: Section 7.1</li> </ul> <p><b>Materials</b></p> <ul style="list-style-type: none"> <li>Cold pack</li> <li>Thin towel for wrapping cold pack</li> <li>Compression bandage</li> </ul>	<p><b>Student Edition</b></p> <ul style="list-style-type: none"> <li>Section 7.1 Review</li> </ul>
<b>Section 7.2   Your Cardiovascular and Pulmonary Systems</b>			
147–51	<p><b>7.2.1</b> Describe the major structures and functions of the cardiovascular and pulmonary systems.</p> <p><b>7.2.2</b> Analyze ways your cardiovascular and pulmonary systems can affect your overall health.</p>	<p><b>Teacher Edition</b></p> <ul style="list-style-type: none"> <li>Section 7.2 Review Answers</li> </ul> <p><b>BJU Press Trove</b></p> <ul style="list-style-type: none"> <li>Link: <i>Effects of Exercise on the Body</i></li> <li>PPT Pres.: Section 7.2</li> </ul>	<p><b>Student Edition</b></p> <ul style="list-style-type: none"> <li>Section 7.2 Review</li> </ul>
<b>Section 7.3   Fitness and Exercise</b>			
152–55	<p><b>7.3.1</b> Explain the physical, mental, social, and academic benefits of physical activity.</p> <p><b>7.3.2</b> Explain the relationship between a sedentary lifestyle and chronic disease.</p> <p><b>7.3.3</b> Compile valid information and local options regarding types of physical activity. <b>BWS</b> Discernment (explain)</p> <p><b>7.3.4</b> Analyze options for physical activity and overall health.</p> <p><b>7.3.5</b> Assess personal choices in physical activity. <b>BWS</b> Discernment (evaluate)</p> <p><b>7.3.6</b> Create a one-week exercise plan that meets recommended guidelines. <b>BWS</b> Discernment (formulate)</p>	<p><b>Teacher Edition</b></p> <ul style="list-style-type: none"> <li>Hands-On Health: <i>A Plan for Physical Activity</i></li> <li>Health Careers: <i>Athletic Trainer</i></li> <li>Section 7.3 Review Answers</li> </ul> <p><b>BJU Press Trove</b></p> <ul style="list-style-type: none"> <li>Video: <i>Athletic Trainer</i></li> <li>Link: <i>Physical Activity Guidelines for Adolescents</i></li> <li>PPT Pres.: Section 7.3</li> </ul> <p><b>Materials</b></p> <ul style="list-style-type: none"> <li>Personal Health Journals</li> </ul>	<p><b>Student Edition</b></p> <ul style="list-style-type: none"> <li>Section 7.3 Review</li> </ul>

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Pages	Objectives	Resources	Assessments
<b>Chapter 7 Review</b>			
156–57	<p>Summarize the parts of the skeletal and muscular systems.</p> <p>Summarize the parts of the cardiovascular and pulmonary systems.</p> <p>Describe the importance of exercise in relation to overall health.</p>	<b>Teacher Edition</b> • Chapter 7 Review Answers	<b>Student Edition</b> • Chapter 7 Review
<b>Chapter 7 Test</b>			
	Demonstrate knowledge of concepts from Chapter 7 by taking the test.		<b>Assessments</b> • Chapter 7 Test <b>BJU Press Trove</b> • Chapter 7 Test Bank

# Chapter 8: Infectious Diseases

PPT Pres. PowerPoint Presentation

Pages	Objectives	Resources	Assessments
<b>Section 8.1   Your Immune System</b>			
162–66	<p><b>8.1.1</b> Explain the origin of disease. <b>BWS</b> Identity (explain)</p> <p><b>8.1.2</b> Describe the major structures and functions of the immune system.</p> <p><b>8.1.3</b> Summarize ways the immune system can affect overall health.</p>	<p><b>Teacher Edition</b></p> <ul style="list-style-type: none"> <li>• Global Health on Mission: <i>COVID-19 Pandemic</i></li> <li>• Section 8.1 Review Answers</li> </ul> <p><b>BJU Press Trove*</b></p> <ul style="list-style-type: none"> <li>• Video: <i>Infectious Diseases</i></li> <li>• Video: <i>COVID-19 Pandemic</i></li> <li>• Link: <i>The Immune System</i></li> <li>• PPT Pres.: Section 8.1</li> </ul>	<p><b>Student Edition</b></p> <ul style="list-style-type: none"> <li>• Section 8.1 Review</li> </ul>
<b>Section 8.2   Maintaining Healthy Immunity</b>			
167–69	<p><b>8.2.1</b> Describe ways to keep the immune system functioning properly.</p> <p><b>8.2.2</b> Propose a plan to reduce risks to the immune system.</p>	<p><b>Teacher Edition</b></p> <ul style="list-style-type: none"> <li>• Health Careers: <i>Epidemiologist</i></li> <li>• Healthy Life Skills: <i>Safeguarding Your Immune System</i></li> <li>• Section 8.2 Review Answers</li> </ul> <p><b>BJU Press Trove</b></p> <ul style="list-style-type: none"> <li>• Video: <i>Epidemiologist</i></li> <li>• PPT Pres.: Section 8.2</li> </ul>	<p><b>Student Edition</b></p> <ul style="list-style-type: none"> <li>• Section 8.2 Review</li> </ul>
<b>Section 8.3   Disease Prevention</b>			
170–73	<p><b>8.3.1</b> Summarize the types of pathogens that cause disease.</p> <p><b>8.3.2</b> Examine the causes and symptoms of communicable (infectious) and noncommunicable (noninfectious) diseases. <b>BWS</b> Identity (explain)</p> <p><b>8.3.3</b> Propose strategies to prevent communicable (infectious) and noncommunicable (noninfectious) diseases. <b>BWS</b> Identity (apply)</p>	<p><b>Teacher Edition</b></p> <ul style="list-style-type: none"> <li>• Hands-On Health: <i>Am I Contagious?</i></li> <li>• Section 8.3 Review Answers</li> </ul> <p><b>BJU Press Trove</b></p> <ul style="list-style-type: none"> <li>• Link: <i>Cholera Epidemic of 1854</i></li> <li>• PPT Pres.: Section 8.3</li> </ul>	<p><b>Student Edition</b></p> <ul style="list-style-type: none"> <li>• Section 8.3 Review</li> </ul>

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Pages	Objectives	Resources	Assessments
<b>Chapter 8 Review</b>			
174–75	<p>Summarize how the immune system works.</p> <p>Formulate strategies to keep the immune system healthy.</p> <p>Develop a plan of healthy behaviors to limit the spread of diseases.</p>	<b>Teacher Edition</b> <ul style="list-style-type: none"> <li>• Chapter 8 Review Answers</li> </ul>	<b>Student Edition</b> <ul style="list-style-type: none"> <li>• Chapter 8 Review</li> </ul>
<b>Chapter 8 Test</b>			
	<p>Demonstrate knowledge of concepts from Chapter 8 by taking the test.</p>		<b>Assessments</b> <ul style="list-style-type: none"> <li>• Chapter 8 Test</li> </ul> <b>BJU Press Trove</b> <ul style="list-style-type: none"> <li>• Chapter 8 Test Bank</li> </ul>



# Chapter 9: Chronic Diseases

PPT Pres. PowerPoint Presentation

Pages	Objectives	Resources	Assessments
<b>Section 9.1   Cardiovascular Diseases</b>			
178–80	<p><b>9.1.1</b> Describe the most common cardiovascular diseases.</p> <p><b>9.1.2</b> Summarize personal risk factors for heart disease, high blood pressure, high cholesterol, and stroke.</p> <p><b>9.1.3</b> Construct a health plan to reduce the risk of developing cardiovascular diseases.</p>	<p><b>Teacher Edition</b></p> <ul style="list-style-type: none"> <li>• Case Study: <i>Primordial CVD Prevention</i></li> <li>• Section 9.1 Review Answers</li> </ul> <p><b>BJU Press Trove*</b></p> <ul style="list-style-type: none"> <li>• Video: <i>Chronic Diseases</i></li> <li>• Link: <i>Stroke</i></li> <li>• Link: <i>Heart Disease Risk Factors</i></li> <li>• Link: <i>Silent Killer</i></li> <li>• PPT Pres.: Section 9.1</li> </ul>	<p><b>Student Edition</b></p> <ul style="list-style-type: none"> <li>• Section 9.1 Review</li> </ul>
<b>Section 9.2   Cancer</b>			
181–84	<p><b>9.2.1</b> Explain what causes cancer. <b>BWS</b> Identity (evaluate)</p> <p><b>9.2.2</b> Describe common types and symptoms of cancer.</p> <p><b>9.2.3</b> Summarize risk factors and prevention strategies for common types of cancer.</p>	<p><b>Teacher Edition</b></p> <ul style="list-style-type: none"> <li>• Health and Media: <i>Positive Use of Social Media</i></li> <li>• Section 9.2 Review Answers</li> </ul> <p><b>BJU Press Trove</b></p> <ul style="list-style-type: none"> <li>• Link: <i>Cancer Cell Growth</i></li> <li>• Link: <i>Cancer Prevalence</i></li> <li>• PPT Pres.: Section 9.2</li> </ul>	<p><b>Student Edition</b></p> <ul style="list-style-type: none"> <li>• Section 9.2 Review</li> </ul>
<b>Section 9.3   Respiratory Diseases</b>			
185–87	<p><b>9.3.1</b> Explain what causes respiratory diseases.</p> <p><b>9.3.2</b> Describe common types and symptoms of respiratory diseases.</p> <p><b>9.3.3</b> Compare asthma to COPD.</p>	<p><b>Teacher Edition</b></p> <ul style="list-style-type: none"> <li>• Section 9.3 Review Answers</li> </ul> <p><b>BJU Press Trove</b></p> <ul style="list-style-type: none"> <li>• Link: <i>Common Respiratory Diseases</i></li> <li>• PPT Pres.: Section 9.3</li> </ul>	<p><b>Student Edition</b></p> <ul style="list-style-type: none"> <li>• Section 9.3 Review</li> </ul>

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Pages	Objectives	Resources	Assessments
<b>Section 9.4   Diabetes</b>			
188–91	<b>9.4.1</b> Explain the different types of diabetes. <b>9.4.2</b> Examine personal risk factors for diabetes.	<b>Teacher Edition</b> <ul style="list-style-type: none"> <li>• Healthy Life Skills: <i>Making Health-Conscious Food Choices</i></li> <li>• Section 9.4 Review Answers</li> </ul> <b>BJU Press Trove</b> <ul style="list-style-type: none"> <li>• Link: <i>What Is Diabetes?</i></li> <li>• Link: <i>Testing Blood Glucose</i></li> <li>• Link: <i>The Future of Blood Glucose Testing</i></li> <li>• PPT Pres.: Section 9.4</li> </ul> <b>Materials</b> <ul style="list-style-type: none"> <li>• Personal Health Journals</li> <li>• Wall signs: Type 1, Type 2, Gestational, Prediabetes</li> <li>• Blood glucose meter</li> <li>• Blood glucose test strips</li> <li>• Lancet</li> </ul>	<b>Student Edition</b> <ul style="list-style-type: none"> <li>• Section 9.4 Review</li> </ul>
<b>Section 9.5   Autoimmune Diseases</b>			
192–95	<b>9.5.1</b> Describe the most common autoimmune diseases. <b>9.5.2</b> Describe personal risk factors for common autoimmune diseases.	<b>Teacher Edition</b> <ul style="list-style-type: none"> <li>• Hands-On Health: <i>Autoimmune Diseases</i></li> <li>• Section 9.5 Review Answers</li> </ul> <b>BJU Press Trove</b> <ul style="list-style-type: none"> <li>• Link: <i>Autoimmune Diseases</i></li> <li>• PPT Pres.: Section 9.5</li> </ul> <b>Materials</b> <ul style="list-style-type: none"> <li>• Wall signs: Lupus, Graves' Disease, Crohn's Disease, Rheumatoid Arthritis, Multiple Sclerosis, Psoriasis</li> </ul>	<b>Student Edition</b> <ul style="list-style-type: none"> <li>• Section 9.5 Review</li> </ul>
<b>Chapter 9 Review</b>			
196–97	Assess personal risks for developing chronic diseases.  Develop healthy habits that could prevent or manage chronic diseases.	<b>Teacher Edition</b> <ul style="list-style-type: none"> <li>• Chapter 9 Review Answers</li> </ul>	<b>Student Edition</b> <ul style="list-style-type: none"> <li>• Chapter 9 Review</li> </ul>
<b>Chapter 9 test</b>			
	Demonstrate knowledge of concepts from Chapter 9 by taking the test.		<b>Assessments</b> <ul style="list-style-type: none"> <li>• Chapter 9 Test</li> </ul> <b>BJU Press Trove</b> <ul style="list-style-type: none"> <li>• Chapter 9 Test Bank</li> </ul>

# Chapter 10: Disabilities

PPT Pres. PowerPoint Presentation

Pages	Objectives	Resources	Assessments
<b>Section 10.1   Impairment</b>			
200–202	<p><b>10.1.1</b> Explain the terms <i>impairment</i>, <i>activity</i>, and <i>participation</i> as they relate to a disability.</p> <p><b>10.1.2</b> State the intended purpose of the Americans with Disabilities Act.</p> <p><b>10.1.3</b> Evaluate a situation involving disability and recommend an appropriate accommodation.</p> <p><b>10.1.4</b> Summarize a biblical view of disabilities. <b>BWS</b> Identity (explain)</p>	<p><b>Teacher Edition</b></p> <ul style="list-style-type: none"> <li>• Section 10.1 Review Answers</li> </ul> <p><b>BJU Press Trove*</b></p> <ul style="list-style-type: none"> <li>• Video: <i>Disabilities</i></li> <li>• Link: <i>The Americans with Disabilities Act</i></li> <li>• PPT Pres.: Section 10.1</li> </ul>	<p><b>Student Edition</b></p> <ul style="list-style-type: none"> <li>• Section 10.1 Review</li> </ul>
<b>Section 10.2   Cognitive Disabilities</b>			
203–6	<p><b>10.2.1</b> Describe common types of cognitive disabilities.</p> <p><b>10.2.2</b> Define <i>assistive technology</i>.</p> <p><b>10.2.3</b> Suggest possible accommodations for people with cognitive disabilities.</p> <p><b>10.2.4</b> Evaluate prenatal discrimination against those with intellectual disabilities. <b>BWS</b> Identity (evaluate)</p>	<p><b>Teacher Edition</b></p> <ul style="list-style-type: none"> <li>• Section 10.2 Review Answers</li> </ul> <p><b>BJU Press Trove</b></p> <ul style="list-style-type: none"> <li>• Link: <i>Dyslexia: Dr. John Rhodes</i></li> <li>• PPT Pres.: Section 10.2</li> </ul>	<p><b>Student Edition</b></p> <ul style="list-style-type: none"> <li>• Section 10.2 Review</li> </ul>
<b>Section 10.3   Sensory Disabilities</b>			
207–11	<p><b>10.3.1</b> Describe common types of hearing disabilities.</p> <p><b>10.3.2</b> Describe common types of visual disabilities.</p> <p><b>10.3.3</b> Describe ways to prevent traumatic sensory disabilities.</p> <p><b>10.3.4</b> Suggest possible accommodations for people with hearing or visual disabilities.</p>	<p><b>Teacher Edition</b></p> <ul style="list-style-type: none"> <li>• Healthy Life Skills: <i>Sensory Preservation</i></li> <li>• Health Careers: <i>Occupational Therapist</i></li> <li>• Section 10.3 Review Answers</li> </ul> <p><b>BJU Press Trove</b></p> <ul style="list-style-type: none"> <li>• Video: <i>Occupational Therapist</i></li> <li>• Link: <i>Interacting with Individuals Who Are Deaf or Hard of Hearing</i></li> <li>• Link: <i>Interacting with a Person Who Is Blind</i></li> <li>• PPT Pres.: Section 10.3</li> </ul>	<p><b>Student Edition</b></p> <ul style="list-style-type: none"> <li>• Section 10.3 Review</li> </ul>

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Pages	Objectives	Resources	Assessments
<b>Section 10.4   Physical Disabilities</b>			
212–15	<p><b>10.4.1</b> Describe common types of physical disabilities.</p> <p><b>10.4.2</b> Evaluate the availability of assistive technology for people with physical disabilities.</p> <p><b>10.4.3</b> Explain a biblical basis for the inclusion of people with physical disabilities. <b>BWS</b> Relationships (explain)</p> <p><b>10.4.4</b> Synthesize a biblically balanced approach to a specific disability based on the strengths of the medical and social models of disability, using the biblical ethics triad. <b>BWS</b> Ethics (formulate)</p>	<p><b>Teacher Edition</b></p> <ul style="list-style-type: none"> <li>• Hands-On Health: <i>Disability-Specific Assistive Technology</i></li> <li>• Health and Ethics: <i>Disability: Pathology or Diversity?</i></li> <li>• Appendix: <i>Ethics Writing Rubric</i></li> <li>• Section 10.4 Review Answers</li> </ul> <p><b>BJU Press Trove</b></p> <ul style="list-style-type: none"> <li>• Link: <i>Assistive Technology - Musical Instruments</i></li> <li>• Link: <i>Physical Disabilities</i></li> <li>• Additional Resource: <i>Ethics Writing Rubric</i></li> <li>• PPT Pres.: Section 10.4</li> </ul>	<p><b>Student Edition</b></p> <ul style="list-style-type: none"> <li>• Section 10.4 Review</li> </ul>
<b>Chapter 10 Review</b>			
216–17	<p>Summarize a biblical view of disabilities.</p> <p>Describe the three main types of disabilities.</p> <p>Evaluate the products, services, and technology available to people with disabilities.</p> <p>Research accommodations for people with disabilities.</p>	<p><b>Teacher Edition</b></p> <ul style="list-style-type: none"> <li>• Chapter 10 Review Answers</li> </ul>	<p><b>Student Edition</b></p> <ul style="list-style-type: none"> <li>• Chapter 10 Review</li> </ul>
<b>Chapter 10 Test</b>			
	<p>Demonstrate knowledge of concepts from Chapter 10 by taking the test.</p>		<p><b>Assessments</b></p> <ul style="list-style-type: none"> <li>• Chapter 10 Test</li> </ul> <p><b>BJU Press Trove</b></p> <ul style="list-style-type: none"> <li>• Chapter 10 Test Bank</li> </ul>

# Chapter 11: Medication Use

PPT Pres. PowerPoint Presentation

Pages	Objectives	Resources	Assessments
<b>Section 11.1   Medication</b>			
222–25	<p><b>11.1.1</b> Describe the uses and classifications of medications.</p> <p><b>11.1.2</b> Explain why some medications require a prescription.</p> <p><b>11.1.3</b> Interpret a prescription label.</p>	<p><b>Teacher Edition</b></p> <ul style="list-style-type: none"> <li>• Health Careers: <i>Pharmacist</i></li> <li>• Healthy Life Skills: <i>Reading a Prescription Label</i></li> <li>• Section 11.1 Review Answers</li> </ul> <p><b>BJU Press Trove*</b></p> <ul style="list-style-type: none"> <li>• Video: <i>Medication Use</i></li> <li>• Video: <i>Pharmacist</i></li> <li>• Link: <i>Reading a Prescription-Medication Label</i></li> <li>• PPT Pres.: Section 11.1</li> </ul>	<p><b>Student Edition</b></p> <ul style="list-style-type: none"> <li>• Section 11.1 Review</li> </ul>
<b>Section 11.2   Safe Use of Medication</b>			
226–28	<p><b>11.2.1</b> Describe the connection between the proper and safe use of prescription medications and overall health. <b>BWS</b> Discernment (explain)</p> <p><b>11.2.2</b> Summarize the potential negative effects of combining medications, including prescription and OTC.</p> <p><b>11.2.3</b> Recommend strategies to help ensure the safe use of prescription and OTC medications.</p>	<p><b>Teacher Edition</b></p> <ul style="list-style-type: none"> <li>• Hands-On Health: <i>First Aid for Poisoning</i></li> <li>• Section 11.2 Review Answers</li> </ul> <p><b>BJU Press Trove</b></p> <ul style="list-style-type: none"> <li>• Link: <i>Grapefruit Juice and Medication</i></li> <li>• Link: <i>Common Household Poisons</i></li> <li>• PPT Pres.: Section 11.2</li> </ul>	<p><b>Student Edition</b></p> <ul style="list-style-type: none"> <li>• Section 11.2 Review</li> </ul>
<b>Section 11.3   Abuse and Misuse of Prescription Medication</b>			
229–33	<p><b>11.3.1</b> Describe the abuse of prescription medications.</p> <p><b>11.3.2</b> Describe treatment plans for drug addiction.</p> <p><b>11.3.3</b> Analyze strategies that minimize health-risk behaviors like the misuse of prescription medications.</p> <p><b>11.3.4</b> Evaluate the influence of culture and society on the misuse and abuse of prescription medications in school, sports, or entertainment. <b>BWS</b> Discernment (evaluate)</p> <p><b>11.3.5</b> Defend the proper use of prescription medications. <b>BWS</b> Ethics (formulate)</p> <p><b>11.3.6</b> Propose strategies for preventing the misuse of prescription medications.</p>	<p><b>Teacher Edition</b></p> <ul style="list-style-type: none"> <li>• Health and Ethics: <i>Stimulating Academic Performance</i></li> <li>• Appendix: <i>Ethics Writing Rubric</i></li> <li>• Section 11.3 Review Answers</li> </ul> <p><b>BJU Press Trove</b></p> <ul style="list-style-type: none"> <li>• Link: <i>Substance Use Prevention Resources</i></li> <li>• Link: <i>Addiction Recovery Resources</i></li> <li>• Link: <i>Defining Addiction</i></li> <li>• Link: <i>Describing Addiction</i></li> <li>• Additional Resource: <i>Ethics Writing Rubric</i></li> <li>• PPT Pres.: Section 11.3</li> </ul>	<p><b>Student Edition</b></p> <ul style="list-style-type: none"> <li>• Section 11.3 Review</li> </ul>

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Pages	Objectives	Resources	Assessments
<b>Chapter 11 Review</b>			
234–35	<p>Explain how medications work to improve health.</p> <p>Predict the consequences of taking medications in a way that is not prescribed.</p> <p>Propose a strategy to encourage people to use prescription medications properly.</p>	<b>Teacher Edition</b> • Chapter 11 Review Answers	<b>Student Edition</b> • Chapter 11 Review
<b>Chapter 11 Test</b>			
	Demonstrate knowledge of concepts from Chapter 11 by taking the test.		<b>Assessments</b> • Chapter 11 Test <b>BJU Press Trove</b> • Chapter 11 Test Bank

# Chapter 12: Substance Abuse

PPT Pres. PowerPoint Presentation

Pages	Objectives	Resources	Assessments
<b>Section 12.1   Alcohol</b>			
238–41	<p><b>12.1.1</b> Relate alcohol use to risk-taking behavior.</p> <p><b>12.1.2</b> Evaluate the strategies used to market alcohol.</p> <p><b>12.1.3</b> Describe the health benefits of abstaining from or discontinuing the use of alcohol.</p> <p><b>12.1.4</b> Assess the impact of alcohol on the individual, family, and society. <b>BWS</b> Relationships (evaluate)</p>	<p><b>Teacher Edition</b></p> <ul style="list-style-type: none"> <li>• Section 12.1 Review Answers</li> </ul> <p><b>BJU Press Trove*</b></p> <ul style="list-style-type: none"> <li>• Video: <i>Substance Abuse</i></li> <li>• Link: <i>Alcohol Marketing to Kids</i></li> <li>• PPT Pres.: Section 12.1</li> </ul>	<p><b>Student Edition</b></p> <ul style="list-style-type: none"> <li>• Section 12.1 Review</li> </ul>
<b>Section 12.2   Nicotine</b>			
242–47	<p><b>12.2.1</b> Identify the health benefits of abstaining from or discontinuing the use of tobacco and e-cigarettes.</p> <p><b>12.2.2</b> Examine the negative impact of tobacco and e-cigarette use.</p> <p><b>12.2.3</b> Evaluate strategies to discourage the use of tobacco and e-cigarettes.</p>	<p><b>Teacher Edition</b></p> <ul style="list-style-type: none"> <li>• Health and Media: <i>Marketing to Teens</i></li> <li>• Hands-On Health: <i>Vaping</i></li> <li>• Section 12.2 Review Answers</li> </ul> <p><b>BJU Press Trove</b></p> <ul style="list-style-type: none"> <li>• Video: <i>Vaping and E-cigs</i></li> <li>• Link: <i>E-Cigarette Facts</i></li> <li>• Link: <i>Vaping and E-Cigarette Usage</i></li> <li>• Link: <i>Summary of Vaping and E-Cigarettes</i></li> <li>• PPT Pres.: Section 12.2</li> </ul>	<p><b>Student Edition</b></p> <ul style="list-style-type: none"> <li>• Section 12.2 Review</li> </ul>
<b>Section 12.3   Illegal Drugs</b>			
248–53	<p><b>12.3.1</b> Relate risk-taking to the dangerous consequences of using illegal drugs.</p> <p><b>12.3.2</b> Describe the health benefits of abstaining from or discontinuing the use of illegal drugs.</p> <p><b>12.3.3</b> Examine the negative impact of illegal-drug use.</p> <p><b>12.3.4</b> Formulate a position on marijuana use. <b>BWS</b> Ethics (formulate)</p> <p><b>12.3.5</b> Demonstrate communication skills to resist negative peer pressure. <b>BWS</b> Relationships (apply)</p> <p><b>12.3.6</b> Explain how positive role models can influence teenagers to avoid substance abuse. <b>BWS</b> Relationships (explain)</p>	<p><b>Teacher Edition</b></p> <ul style="list-style-type: none"> <li>• Health and Ethics: <i>Marijuana Use</i></li> <li>• Healthy Life Skills: <i>Refusal Skills</i></li> <li>• Appendix: <i>Ethics Writing Rubric</i></li> <li>• Section 12.3 Review Answers</li> </ul> <p><b>BJU Press Trove</b></p> <ul style="list-style-type: none"> <li>• Additional Resource: <i>Ethics Writing Rubric</i></li> <li>• PPT Pres.: Section 12.3</li> </ul>	<p><b>Student Edition</b></p> <ul style="list-style-type: none"> <li>• Section 12.3 Review</li> </ul>

\*Digital resources for homeschool users are available on Homeschool Hub.

Pages	Objectives	Resources	Assessments
<b>Chapter 12 Review</b>			
254–55	<p>Describe the health benefits of abstaining from addictive substances.</p> <p>Describe ways to avoid peer pressure to use addictive substances.</p> <p>Analyze the harmful effects of addictive substances.</p>	<b>Teacher Edition</b> <ul style="list-style-type: none"> <li>• Chapter 12 Review Answers</li> </ul>	<b>Student Edition</b> <ul style="list-style-type: none"> <li>• Chapter 12 Review</li> </ul>
<b>Chapter 12 Test</b>			
	Demonstrate knowledge of concepts from Chapter 12 by taking the test.		<b>Assessments</b> <ul style="list-style-type: none"> <li>• Chapter 12 Test</li> </ul> <b>BJU Press Trove</b> <ul style="list-style-type: none"> <li>• Chapter 12 Test Bank</li> </ul>



# Chapter 13: Reproductive Health

PPT Pres. PowerPoint Presentation

Pages	Objectives	Resources	Assessments
<b>Section 13.1   Your Endocrine System</b>			
260–63	<p><b>13.1.1</b> Describe the major structures and functions of the endocrine system.</p> <p><b>13.1.2</b> Describe the causes and symptoms of thyroid disorders.</p> <p><b>13.1.3</b> Explain how the endocrine system can affect overall health.</p>	<p><b>Teacher Edition</b></p> <ul style="list-style-type: none"> <li>• Section 13.1 Review Answers</li> </ul> <p><b>BJU Press Trove*</b></p> <ul style="list-style-type: none"> <li>• Video: <i>Reproductive Health</i></li> <li>• Link: <i>Endocrine System Basics</i></li> <li>• Link: <i>Hyperthyroidism and Hypothyroidism</i></li> <li>• Link: <i>Thyroid Diseases</i></li> <li>• PPT Pres.: Section 13.1</li> </ul> <p><b>Materials</b></p> <ul style="list-style-type: none"> <li>• Personal Health Journals</li> </ul>	<p><b>Student Edition</b></p> <ul style="list-style-type: none"> <li>• Section 13.1 Review</li> </ul>
<b>Section 13.2   Your Reproductive System</b>			
264–69	<p><b>13.2.1</b> Describe the major structures and functions of the reproductive system.</p> <p><b>13.2.2</b> Relate the endocrine and reproductive systems.</p> <p><b>13.2.3</b> Evaluate modern views of gender. <b>BWS</b> Identity (evaluate)</p> <p><b>13.2.4</b> Formulate a biblical view of gender. <b>BWS</b> Identity (formulate)</p>	<p><b>Teacher Edition</b></p> <ul style="list-style-type: none"> <li>• Hands-On Health: <i>Gender Roles</i></li> <li>• Section 13.2 Review Answers</li> </ul> <p><b>BJU Press Trove</b></p> <ul style="list-style-type: none"> <li>• Video: <i>Gender Roles</i></li> <li>• PPT Pres.: Section 13.2</li> </ul>	<p><b>Student Edition</b></p> <ul style="list-style-type: none"> <li>• Section 13.2 Review</li> </ul>
<b>Section 13.3   Your Reproductive Health</b>			
270–73	<p><b>13.3.1</b> Describe the purpose and phases of a woman's menstrual cycle.</p> <p><b>13.3.2</b> Explain how birth control works.</p> <p><b>13.3.3</b> Formulate a biblical position on the use of birth control. <b>BWS</b> Ethics (formulate)</p> <p><b>13.3.4</b> Defend abstinence before marriage, using biblical principles. <b>BWS</b> Virtue (apply)</p>	<p><b>Teacher Edition</b></p> <ul style="list-style-type: none"> <li>• Health and Ethics: <i>Birth Control</i></li> <li>• Healthy Life Skills: <i>Abstinence</i></li> <li>• Appendix: <i>Ethics Writing Rubric</i></li> <li>• Section 13.3 Review Answers</li> </ul> <p><b>BJU Press Trove</b></p> <ul style="list-style-type: none"> <li>• Link: <i>Menstrual Cycle</i></li> <li>• Link: <i>Phases of the Menstrual Cycle</i></li> <li>• Link: <i>A Biblical Look at Sexuality</i></li> <li>• Link: <i>Staying Pure Resources</i></li> <li>• Additional Resource: <i>Ethics Writing Rubric</i></li> <li>• PPT Pres.: Section 13.3</li> </ul> <p><b>Materials</b></p> <ul style="list-style-type: none"> <li>• Personal Health Journal</li> <li>• <i>Help! I Want to Stay Pure</i> by Zach Sparkman</li> </ul>	<p><b>Student Edition</b></p> <ul style="list-style-type: none"> <li>• Section 13.3 Review</li> </ul>

\*Digital resources for homeschool users are available on Homeschool Hub.

Pages	Objectives	Resources	Assessments
<b>Chapter 13 Review</b>			
274–75	Relate the endocrine system to overall health. Relate the reproductive system to overall health. Evaluate the different components of reproductive health.	<b>Teacher Edition</b> • Chapter 13 Review Answers	<b>Student Edition</b> • Chapter 13 Review
<b>Chapter 13 Test</b>			
	Demonstrate knowledge of concepts from Chapter 13 by taking the test.		<b>Assessments</b> • Chapter 13 Test <b>BJU Press Trove</b> • Chapter 13 Test Bank

# Chapter 14: Human Development

PPT Pres. PowerPoint Presentation

Pages	Objectives	Resources	Assessments
<b>Section 14.1   Pregnancy, Birth, and Infancy</b>			
278–84	<p><b>14.1.1</b> Describe human development from conception through birth.</p> <p><b>14.1.2</b> Explain the importance of prenatal care and proper nutrition for mother and baby.</p> <p><b>14.1.3</b> Describe the harmful effects of certain substances on an unborn baby.</p> <p><b>14.1.4</b> Describe the common milestones during infancy.</p> <p><b>14.1.5</b> Formulate a position regarding abortion. <b>BWS</b> Ethics (formulate)</p>	<p><b>Teacher Edition</b></p> <ul style="list-style-type: none"> <li>• Global Health on Misson: <i>Fetal and Maternal Health</i></li> <li>• Hands-On Health: <i>Infant CPR</i></li> <li>• Health and Ethics: <i>Abortion</i></li> <li>• Appendix: <i>Ethics Writing Rubric</i></li> <li>• Section 14.1 Review Answers</li> </ul> <p><b>BJU Press Trove*</b></p> <ul style="list-style-type: none"> <li>• Video: <i>Human Development</i></li> <li>• Video: <i>Prenatal Health</i></li> <li>• Link: <i>A Look at Life in the Womb</i></li> <li>• Link: <i>Should I Become CPR-Certified?</i></li> <li>• Additional Resource: <i>Ethics Writing Rubric</i></li> <li>• PPT Pres.: Section 14.1</li> </ul>	<p><b>Student Edition</b></p> <ul style="list-style-type: none"> <li>• Section 14.1 Review</li> </ul>
<b>Section 14.2   Childhood</b>			
285–87	<p><b>14.2.1</b> Describe stages of childhood development.</p> <p><b>14.2.2</b> Describe common childhood milestones.</p> <p><b>14.2.3</b> Explain the importance of family and peer relationships. <b>BWS</b> Relationships (explain)</p> <p><b>14.2.4</b> Propose ways to maximize childhood health.</p>	<p><b>Teacher Edition</b></p> <ul style="list-style-type: none"> <li>• Health Careers: <i>Pediatrician</i></li> <li>• Section 14.2 Review Answers</li> </ul> <p><b>BJU Press Trove</b></p> <ul style="list-style-type: none"> <li>• Video: <i>Pediatrician</i></li> <li>• Link: <i>The First Five Years</i></li> <li>• PPT Pres.: Section 14.2</li> </ul>	<p><b>Student Edition</b></p> <ul style="list-style-type: none"> <li>• Section 14.2 Review</li> </ul>
<b>Section 14.3   Adolescence</b>			
288–91	<p><b>14.3.1</b> Describe physical changes that occur during adolescence.</p> <p><b>14.3.2</b> Describe social and emotional changes that occur during adolescence. <b>BWS</b> Identity (explain)</p> <p><b>14.3.3</b> Explain cognitive development during adolescence.</p> <p><b>14.3.4</b> Propose ways to maximize adolescent health.</p>	<p><b>Teacher Edition</b></p> <ul style="list-style-type: none"> <li>• Health and Media: <i>Pornography</i></li> <li>• Section 14.3 Review Answers</li> </ul> <p><b>BJU Press Trove</b></p> <ul style="list-style-type: none"> <li>• Link: <i>Brain Development</i></li> <li>• PPT Pres.: Section 14.3</li> </ul> <p><b>Materials</b></p> <ul style="list-style-type: none"> <li>• Personal Health Journals</li> </ul>	<p><b>Student Edition</b></p> <ul style="list-style-type: none"> <li>• Section 14.3 Review</li> </ul>

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Pages	Objectives	Resources	Assessments
<b>Section 14.4   Early Adulthood</b>			
292–94	<p><b>14.4.1</b> Describe important life skills that adults need to develop.</p> <p><b>14.4.2</b> Explain God’s design for marriage and family in relation to the Creation Mandate. <b>BWS</b> Relationships (explain)</p> <p><b>14.4.3</b> Describe the most common causes of infertility.</p> <p><b>14.4.4</b> Evaluate the role of adoption, fostering, and IVF in cases of infertility. <b>BWS</b> Ethics (evaluate)</p>	<p><b>Teacher Edition</b></p> <ul style="list-style-type: none"> <li>• Section 14.4 Review Answers</li> </ul> <p><b>BJU Press Trove</b></p> <ul style="list-style-type: none"> <li>• Link: <i>God’s Intent for Marriage</i></li> <li>• Link: <i>Elijah’s Adoption</i></li> <li>• PPT Pres.: Section 14.4</li> </ul>	<p><b>Student Edition</b></p> <ul style="list-style-type: none"> <li>• Section 14.4 Review</li> </ul>
<b>Section 14.5   Adulthood</b>			
295–97	<p><b>14.5.1</b> Describe the three stages of adulthood.</p> <p><b>14.5.2</b> Explain the importance of a support system for an older adult. <b>BWS</b> Relationships (explain)</p> <p><b>14.5.3</b> Assess the importance of various nutrients for the aging adult.</p> <p><b>14.5.4</b> Propose ways to maximize adult health.</p>	<p><b>Teacher Edition</b></p> <ul style="list-style-type: none"> <li>• Healthy Life Skills: <i>The Importance of Support for Older Adults</i></li> <li>• Section 14.5 Review Answers</li> </ul> <p><b>BJU Press Trove</b></p> <ul style="list-style-type: none"> <li>• Link: <i>The Health Risks of Social Isolation in Older People</i></li> <li>• Link: <i>How to Navigate Loneliness as an Older Adult</i></li> <li>• PPT Pres.: Section 14.5</li> </ul>	<p><b>Student Edition</b></p> <ul style="list-style-type: none"> <li>• Section 14.5 Review</li> </ul>
<b>Chapter 14 Review</b>			
298–99	<p>Describe the physical changes that happen from conception through adulthood.</p> <p>Describe the significant milestones commonly achieved during different stages of life.</p> <p>Propose ways to maximize health during different stages of life.</p> <p>Relate family and peer relationships to overall health.</p> <p>Apply biblical worldview principles to common pregnancy practices.</p>	<p><b>Teacher Edition</b></p> <ul style="list-style-type: none"> <li>• Chapter 14 Review Answers</li> </ul>	<p><b>Student Edition</b></p> <ul style="list-style-type: none"> <li>• Chapter 14 Review</li> </ul>
<b>Chapter 14 Test</b>			
	<p>Demonstrate knowledge of concepts from Chapter 14 by taking the test.</p>		<p><b>Assessments</b></p> <ul style="list-style-type: none"> <li>• Chapter 14 Test</li> </ul> <p><b>BJU Press Trove</b></p> <ul style="list-style-type: none"> <li>• Chapter 14 Test Bank</li> </ul>

# Chapter 15: Health and Life Management

PPT Pres. PowerPoint Presentation

Pages	Objectives	Resources	Assessments
<b>Section 15.1   Money Management</b>			
304–8	<p><b>15.1.1</b> Describe various methods of creating a budget.</p> <p><b>15.1.2</b> Describe obstacles to living on a budget.</p> <p><b>15.1.3</b> Analyze what the Bible says about money. <b>BWS</b> Virtue/Discernment (explain)</p> <p><b>15.1.4</b> Create a monthly budget.</p>	<p><b>Teacher Edition</b></p> <ul style="list-style-type: none"> <li>Hands-On Health: <i>Create a Monthly Budget</i></li> <li>Section 15.1 Review Answers</li> </ul> <p><b>BJU Press Trove*</b></p> <ul style="list-style-type: none"> <li>Video: <i>Health and Life Management</i></li> <li>Video: <i>Impulse Buying</i></li> <li>Link: <i>Budgeting Systems</i></li> <li>Link: <i>Challenges to Budgeting</i></li> <li>Link: <i>Budget Challenge</i></li> <li>Link: <i>Credit Card Basics</i></li> <li>Link: <i>Credit Card Pros and Cons</i></li> <li>Link: <i>Credit Cards</i></li> <li>Link: <i>On Credit Cards</i></li> <li>Link: <i>Credit Card Benefits and Risks</i></li> <li>Link: <i>Making a Budget</i></li> <li>Link: <i>Budgeting Basics</i></li> <li>Link: <i>Budgeting Tips</i></li> <li>PPT Pres.: Section 15.1</li> </ul> <p><b>Materials</b></p> <ul style="list-style-type: none"> <li>Various bills (utilities, mortgage/rent, groceries, insurance, etc.)</li> </ul>	<p><b>Student Edition</b></p> <ul style="list-style-type: none"> <li>Section 15.1 Review</li> </ul>
<b>Section 15.2   Decision-Making</b>			
309–13	<p><b>15.2.1</b> Describe a process to make wise decisions. <b>BWS</b> Discernment (explain)</p> <p><b>15.2.2</b> Describe barriers to healthy decision-making.</p> <p><b>15.2.3</b> Relate character and motivation to true success. <b>BWS</b> Virtue (explain)</p> <p><b>15.2.4</b> Evaluate a situation to determine whether a decision should be made by an individual or by seeking counsel.</p>	<p><b>Teacher Edition</b></p> <ul style="list-style-type: none"> <li>Section 15.2 Review Answers</li> </ul> <p><b>BJU Press Trove</b></p> <ul style="list-style-type: none"> <li>PPT Pres.: Section 15.2</li> </ul>	<p><b>Student Edition</b></p> <ul style="list-style-type: none"> <li>Section 15.2 Review</li> </ul>

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Pages	Objectives	Resources	Assessments
<b>Section 15.3   Interpersonal Skills</b>			
314–16	<p><b>15.3.1</b> Describe communication skills in building and maintaining healthy relationships.</p> <p><b>15.3.2</b> Analyze effective communication skills that enhance health. <b>BWS</b> Relationships (explain)</p> <p><b>15.3.3</b> Propose ways to demonstrate empathy toward others.</p>	<p><b>Teacher Edition</b></p> <ul style="list-style-type: none"> <li>• Healthy Life Skills: <i>Interviewing for a Job</i></li> <li>• Section 15.3 Review Answers</li> </ul> <p><b>BJU Press Trove</b></p> <ul style="list-style-type: none"> <li>• Link: <i>Communication Process</i></li> <li>• Link: <i>Successful Communication</i></li> <li>• Link: <i>Why We Miscommunicate</i></li> <li>• PPT Pres.: Section 15.3</li> </ul>	<p><b>Student Edition</b></p> <ul style="list-style-type: none"> <li>• Section 15.3 Review</li> </ul>
<b>Section 15.4   Coping Skills</b>			
317–19	<p><b>15.4.1</b> Describe resilience and positive coping strategies.</p> <p><b>15.4.2</b> Demonstrate effective communication skills in asking for assistance from parents, guardians, and medical professionals in order to enhance health. <b>BWS</b> Relationships (apply)</p> <p><b>15.4.3</b> Develop a plan to deal with disappointment and loss.</p>	<p><b>Teacher Edition</b></p> <ul style="list-style-type: none"> <li>• Section 15.4 Review Answers</li> </ul> <p><b>BJU Press Trove</b></p> <ul style="list-style-type: none"> <li>• Link: <i>Learning Resilience</i></li> <li>• Link: <i>Coping Strategies</i></li> <li>• Link: <i>Resilience Skills</i></li> <li>• Link: <i>Emotional Resilience</i></li> <li>• Link: <i>Getting Help</i></li> <li>• Link: <i>Getting an Adult Involved</i></li> <li>• Link: <i>Coping Skills</i></li> <li>• PPT Pres.: Section 15.4</li> </ul> <p><b>Materials</b></p> <ul style="list-style-type: none"> <li>• Personal Health Journals</li> </ul>	<p><b>Student Edition</b></p> <ul style="list-style-type: none"> <li>• Section 15.4 Review</li> </ul>
<b>Chapter 15 Review</b>			
320–21	<p>Create a practical budget based on biblical principles.</p> <p>Evaluate decisions according to biblical principles.</p> <p>Propose ways to have healthy communication with others.</p> <p>Develop a plan for coping with difficult situations.</p>	<p><b>Teacher Edition</b></p> <ul style="list-style-type: none"> <li>• Chapter 15 Review Answers</li> </ul>	<p><b>Student Edition</b></p> <ul style="list-style-type: none"> <li>• Chapter 15 Review</li> </ul>
<b>Chapter 15 Test</b>			
	<p>Demonstrate knowledge of concepts from Chapter 15 by taking the test.</p>		<p><b>Assessments</b></p> <ul style="list-style-type: none"> <li>• Chapter 15 Test</li> </ul> <p><b>BJU Press Trove</b></p> <ul style="list-style-type: none"> <li>• Chapter 15 Test Bank</li> </ul>

# Chapter 16: Social Health

PPT Pres. PowerPoint Presentation

Pages	Objectives	Resources	Assessments
<b>Section 16.1   Family Relationships</b>			
324–27	<p><b>16.1.1</b> Explain the meaning of social health.</p> <p><b>16.1.2</b> Explain ways that family influences the health of individuals. <b>BWS</b> Relationships (explain)</p> <p><b>16.1.3</b> Describe skills for communicating effectively with family to enhance health.</p> <p><b>16.1.4</b> Analyze the qualities of healthy family relationships.</p>	<p><b>Teacher Edition</b></p> <ul style="list-style-type: none"> <li>• Health and Media: <i>Managing Screen Time</i></li> <li>• Section 16.1 Review Answers</li> </ul> <p><b>BJU Press Trove*</b></p> <ul style="list-style-type: none"> <li>• Video: <i>Social Health</i></li> <li>• PPT Pres.: Section 16.1</li> </ul> <p><b>Materials</b></p> <ul style="list-style-type: none"> <li>• Personal Health Journals</li> </ul>	<p><b>Student Edition</b></p> <ul style="list-style-type: none"> <li>• Section 16.1 Review</li> </ul>
<b>Section 16.2   Peer Relationships</b>			
328–30	<p><b>16.2.1</b> Describe skills for communicating effectively with peers to enhance health.</p> <p><b>16.2.2</b> Explain how to influence and support others in making positive choices.</p> <p><b>16.2.3</b> Describe ways to help a friend exhibiting signs of depression, anxiety, an eating disorder, or other self-harming behavior. <b>BWS</b> Relationships (apply)</p> <p><b>16.2.4</b> Evaluate the qualities of healthy peer relationships.</p>	<p><b>Teacher Edition</b></p> <ul style="list-style-type: none"> <li>• Section 16.2 Review Answers</li> </ul> <p><b>BJU Press Trove</b></p> <ul style="list-style-type: none"> <li>• Link: <i>How to Listen</i></li> <li>• Link: <i>Boundaries in Friendships</i></li> <li>• Link: <i>How to Be a Good Friend</i></li> <li>• PPT Pres.: Section 16.2</li> </ul> <p><b>Materials</b></p> <ul style="list-style-type: none"> <li>• Personal Health Journals</li> </ul>	<p><b>Student Edition</b></p> <ul style="list-style-type: none"> <li>• Section 16.2 Review</li> </ul>
<b>Section 16.3   Preventing Violence and Abuse</b>			
331–35	<p><b>16.3.1</b> Define terms associated with violence, abuse, and bullying.</p> <p><b>16.3.2</b> Describe strategies to reduce and prevent violence.</p> <p><b>16.3.3</b> Summarize available resources to help someone in abusive or violent situations.</p> <p><b>16.3.4</b> Evaluate the appropriate use of self-defense. <b>BWS</b> Discernment (formulate)</p>	<p><b>Teacher Edition</b></p> <ul style="list-style-type: none"> <li>• Healthy Life Skills: <i>Preventing Cyberbullying</i></li> <li>• Global Health on Mission: <i>Human Trafficking</i></li> <li>• Healthy Life Skills: <i>Active Shooter Situations</i></li> <li>• Section 16.3 Review Answers</li> </ul> <p><b>BJU Press Trove</b></p> <ul style="list-style-type: none"> <li>• Video: <i>Human Trafficking Prevention</i></li> <li>• Link: <i>What Is Bullying?</i></li> <li>• Link: <i>Strategies to Prevent Violence</i></li> <li>• Link: <i>How Teens Can Prevent Violence</i></li> <li>• PPT Pres.: Section 16.3</li> </ul> <p><b>Materials</b></p> <ul style="list-style-type: none"> <li>• Personal Health Journals</li> </ul>	<p><b>Student Edition</b></p> <ul style="list-style-type: none"> <li>• Section 16.3 Review</li> </ul>

\*Digital resources for homeschool users are available on Homeschool Hub.

Pages	Objectives	Resources	Assessments
<b>Section 16.4   Media and Technology</b>			
336–39	<p><b>16.4.1</b> Describe the risks of sharing personal information through electronic media.</p> <p><b>16.4.2</b> Explain how technology influences health.</p> <p><b>16.4.3</b> Evaluate the health messages delivered through media and technology. <b>BWS</b> Discernment (evaluate)</p> <p><b>16.4.4</b> Create a personal health profile, using appropriate technology resources to analyze stress management, fitness level, and nutrition.</p>	<p><b>Teacher Edition</b></p> <ul style="list-style-type: none"> <li>• Hands-On Health: <i>Your Personal Health Profile</i></li> <li>• Section 16.4 Review Answers</li> </ul> <p><b>BJU Press Trove</b></p> <ul style="list-style-type: none"> <li>• Link: <i>Oversharing on Social Media</i></li> <li>• Link: <i>3D Printed Skin</i></li> <li>• Link: <i>How Technology Benefits Health</i></li> <li>• Link: <i>How to Create a Health Profile</i></li> <li>• Link: <i>Creating a Personal Health Record</i></li> <li>• PPT Pres.: Section 16.4</li> </ul>	<p><b>Student Edition</b></p> <ul style="list-style-type: none"> <li>• Section 16.4 Review</li> </ul>
<b>Chapter 16 Review</b>			
340–41	<p>Describe how family and peers influence a person's health.</p> <p>Describe ways to communicate with family and peers to promote health and wellness.</p> <p>Evaluate the qualities of healthy family and peer relationships.</p> <p>Develop a list of resources that family and peers can consult to improve their health and safety.</p> <p>Create a personal health plan that limits the harmful effects of technology.</p>	<p><b>Teacher Edition</b></p> <ul style="list-style-type: none"> <li>• Chapter 16 Review Answers</li> </ul>	<p><b>Student Edition</b></p> <ul style="list-style-type: none"> <li>• Chapter 16 Review</li> </ul>
<b>Chapter 16 Test</b>			
	Demonstrate knowledge of concepts from Chapter 16 by taking the test.		<p><b>Assessments</b></p> <ul style="list-style-type: none"> <li>• Chapter 16 Test</li> </ul> <p><b>BJU Press Trove</b></p> <ul style="list-style-type: none"> <li>• Chapter 16 Test Bank</li> </ul>



# Chapter 17: Environmental Health

PPT Pres. PowerPoint Presentation

Pages	Objectives	Resources	Assessments
<b>Section 17.1   Air Quality</b>			
344–46	<p><b>17.1.1</b> Describe the impact of air and noise pollution on personal and community health. <b>BWS</b> Relationships (explain)</p> <p><b>17.1.2</b> Propose strategies for combating environmental factors that detrimentally affect the health of a community.</p>	<p><b>Teacher Edition</b></p> <ul style="list-style-type: none"> <li>• Section 17.1 Review Answers</li> </ul> <p><b>BJU Press Trove*</b></p> <ul style="list-style-type: none"> <li>• Video: <i>Environmental Health</i></li> <li>• Link: <i>Air Pollution Basics</i></li> <li>• Link: <i>Real-World Noise Pollution</i></li> <li>• Link: <i>Light Pollution</i></li> <li>• Link: <i>Effects of Light Pollution on Stargazing</i></li> <li>• PPT Pres.: Section 17.1</li> </ul>	<p><b>Student Edition</b></p> <ul style="list-style-type: none"> <li>• Section 17.1 Review</li> </ul>
<b>Section 17.2   Land and Water Quality</b>			
347–49	<p><b>17.2.1</b> Describe the impact of land and water pollution on personal and community health.</p> <p><b>17.2.2</b> Propose strategies to minimize the detrimental effects of land and water pollution on the health of a community.</p> <p><b>17.2.3</b> Formulate a position on fracking. <b>BWS</b> Ethics (formulate)</p>	<p><b>Teacher Edition</b></p> <ul style="list-style-type: none"> <li>• Global Health on Mission: <i>Clean Water</i></li> <li>• Health and Ethics: <i>Fracking</i></li> <li>• Appendix: <i>Ethics Writing Rubric</i></li> <li>• Section 17.2 Review Answers</li> </ul> <p><b>BJU Press Trove</b></p> <ul style="list-style-type: none"> <li>• Video: <i>Clean Water</i></li> <li>• Link: <i>Pollution</i></li> <li>• Link: <i>Land Pollution Facts</i></li> <li>• Link: <i>Water Pollution Facts</i></li> <li>• Link: <i>Pollution and Health</i></li> <li>• Link: <i>Pollution Slideshow</i></li> <li>• Additional Resource: <i>Ethics Writing Rubric</i></li> <li>• PPT Pres.: Section 17.2</li> </ul> <p><b>Materials</b></p> <ul style="list-style-type: none"> <li>• Wall signs: air, land, water</li> </ul>	<p><b>Student Edition</b></p> <ul style="list-style-type: none"> <li>• Section 17.2 Review</li> </ul>

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Pages	Objectives	Resources	Assessments
<b>Section 17.3   Natural Disasters</b>			
350–54	<p><b>17.3.1</b> Describe life-threatening situations that may result from natural disasters.</p> <p><b>17.3.2</b> Describe ways to stay safe during natural disasters.</p> <p><b>17.3.3</b> Summarize community resources for emergency preparedness.</p> <p><b>17.3.4</b> Propose emergency preparedness plans for the home, school, and community.</p>	<p><b>Teacher Edition</b></p> <ul style="list-style-type: none"> <li>• Healthy Life Skills: <i>Action Plan Preparation for a Natural Disaster</i></li> <li>• Section 17.3 Review Answers</li> </ul> <p><b>BJU Press Trove</b></p> <ul style="list-style-type: none"> <li>• Link: <i>Types of Natural Disasters</i></li> <li>• Link: <i>Natural Disasters</i></li> <li>• Link: <i>Disaster Hazards</i></li> <li>• Link: <i>Watch versus Warning</i></li> <li>• PPT Pres.: Section 17.3</li> </ul>	<p><b>Student Edition</b></p> <ul style="list-style-type: none"> <li>• Section 17.3 Review</li> </ul>
<b>Section 17.4   Stewardship</b>			
355–57	<p><b>17.4.1</b> Describe stewardship. <b>BWS Relationships</b> (explain)</p> <p><b>17.4.2</b> Describe examples of being a good steward of the earth.</p> <p><b>17.4.3</b> Compare biblical and secular views of conservation. <b>BWS Relationships</b> (evaluate)</p> <p><b>17.4.4</b> Create a poster on stewardship with the Bible as your reference. <b>BWS Relationships</b> (apply)</p>	<p><b>Teacher Edition</b></p> <ul style="list-style-type: none"> <li>• Health Careers: <i>Environmental Engineer</i></li> <li>• Hands-On Health: <i>Biblical Stewardship Poster</i></li> <li>• Section 17.4 Review Answers</li> </ul> <p><b>BJU Press Trove</b></p> <ul style="list-style-type: none"> <li>• Video: <i>Environmental Engineer</i></li> <li>• PPT Pres.: Section 17.4</li> </ul> <p><b>Materials</b></p> <ul style="list-style-type: none"> <li>• Current events links from students</li> </ul>	<p><b>Student Edition</b></p> <ul style="list-style-type: none"> <li>• Section 17.4 Review</li> </ul>
<b>Chapter 17 Review</b>			
358–59	<p>Describe the impact of pollution on health.</p> <p>Propose strategies to reduce the impact of pollution on health.</p> <p>Propose plans for natural disasters.</p> <p>Formulate a plan to exercise stewardship over the resources God has given humans.</p>	<p><b>Teacher Edition</b></p> <ul style="list-style-type: none"> <li>• Chapter 17 Review Answers</li> </ul>	<p><b>Student Edition</b></p> <ul style="list-style-type: none"> <li>• Chapter 17 Review</li> </ul>
<b>Chapter 17 Test</b>			
	<p>Demonstrate knowledge of concepts from Chapter 17 by taking the test.</p>		<p><b>Assessments</b></p> <ul style="list-style-type: none"> <li>• Chapter 17 Test</li> </ul> <p><b>BJU Press Trove</b></p> <ul style="list-style-type: none"> <li>• Chapter 17 Test Bank</li> </ul>