

**Please find the information concerning the Comprehensive Health Curriculum that we are using in Allendale County Schools:**

**K-5th Grade - Harcourt Health & Fitness**

Harcourt's Health and Fitness series is sequential curriculum, offered in a series of 6 state adopted health textbooks that cover a wide range of health aspects, including nutrition. Supplemental online resources are also available. Topics are introduced through text, pictures, charts, classroom discussions, and presentation materials. Lessons present a variety of nutrition topics, including food safety, food choices, food advertising, and food labels.

**6th-8th Grade - Holt Decisions for Health**

This health curriculum promotes active exploration of health concepts, character building, and life skills by requiring students to apply what they learn within the context of the real world. A separate textbook is available for grades six through eight. Nutrition content develops with each grade level. Lessons begin at the sixth-grade level, with a focus on nutrients. More complex topics, such as eating disorders and maintaining a healthy body image, are covered in eighth grade. Students engage in guided and independent practice, demonstrations, discussions, role plays, skits, poster projects, and study activities to develop decision-making, media analysis, and communication skills.

**9th - 12th Grade - Glencoe Health**

*Glencoe Health* provides high-school students with age-appropriate content that aligns with the National Health Education Standards to help them become health-literate individuals. This research-based program focuses on the development and application of critical knowledge and skills during a crucial period in students' lives. *Glencoe Health* also emphasizes social and emotional skills while exploring up-to-date information and statistics on timely, relevant topics.