

# 9th Health

## 1. Day #1

Title: Building Blocks of Nutrition

Lesson: The students will assess their personal nutritional health practices.

Assessment: Each student will complete one Building Blocks of Nutrition worksheet.

N.H.E.S. #1.12.1 Predict how healthy decisions can impact health status.

## 2. Day #2

Title: Skills for Healthy Relationships and Saying No to Tobacco

Lesson: Students will learn 4 skills to effectively communicate and how to cooperate/compromise in relationships. In the second lesson of the day, students will learn refusal skills for tobacco products and how to successfully quit using tobacco.

Assessment: Students will read about the above objectives and answer questions on several

N.H.E.S. #2.12.3 Analyze how peers influence healthy and unhealthy behaviors.

## 3. Day #3

Title: Factors Affecting Drug Abuse and commonly abused Drugs

Lesson: In this lesson, students will learn how family, friends and personal factors can influence their decision to take drugs. In addition, students will learn about the most commonly abused drugs and their effects on the body.

Assessment: Students will read several passages and answer questions on a worksheet.

N.H.E.S. #2.12.3 Analyze how peers influence healthy and unhealthy behaviors.