Health and Wellness Curriculum Overview

Ms. DiRienzo
Classroom Procedure

- Be On Time – Be here before the bell rings
- Be Prepared - This means have something to write with (a pen or a pencil)
- Participate – Get involved in discussions, do your work.
- Give an Honest Effort Everyday – Try your best
- Use appropriate Language
- Clean up after yourself and return your desk to its proper place
Health and Wellness
Ms. DiRienzo
ddirienzo@reverek12.org

Classroom Expectations
- Respect
- Listen
- Be Open Minded
- Willing to Learn
- Ask Questions
ASK

A QUESTION ABOUT HEALTH
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Technology Use

Together........................
Let’s create a policy regarding the use of technology that is acceptable to everyone.
Grading

- Overall Grade
  - Attendance, Behavior, Habits of Work: 20%
  - Class work: 40%
  - Quizzes: 40%

- Quarter Grade
  - Overall Grade: 80%
  - Final Project: 20%
Making Healthy Decisions

- What is Health
- Health Risk Factors
- Making Healthy Choices
Stress and Stress Management

- What Causes Stress
- How does Stress Effect your Health
- Coping with Stress
- Guest Speaker
Relationships

- Family Relationships
- Peer Relationships
- Healthy Relationships
- Bullying

These are traits of a healthy relationship:

- Communication
- Trust
- Respect
- Equality
- Freedom
Nutrition

- Customs and Traditions
- My Plate
- Reading Food Labels
- What is a Calorie
- Nutrients
- Determining your Caloric needs
Avocado and Tomato Salad (SHARE to save on your wall)
4 cups avocados, diced medium
2 cups grape tomatoes or 2 cups cherry tomatoes
2 cups cucumbers, peeled and diced medium
1 cup red onion, diced small
4 tablespoons fresh cilantro, chopped
2 teaspoons fresh garlic, minced
2 tablespoons lime juice
1/4 cup olive oil
salt
fresh black pepper
Lettuce (if you want)
Toss all ingredients in a bowl and top on a bed of lettuce (if desired)
Makes 8 servings
Calories 201.9 Total Fat 17.9 g Sodium 10.2 mg Total Carbohydrate 11.6 g
Dietary Fiber 5.8 g Sugars 1.8 g
Body Composition & Weight Management

- Muscle to Fat Ratio
- Weight Management
- Body Types
Substance Abuse

- Alcohol
- Tobacco
- Preventing Drug Abuse
Human Development

- Reproduction and Hereditary
- Pregnancy and Birth
- Adolescent and Adulthood
- Presentation by the Revere High School Nurse
Diseases

- Infectious Diseases
- Sexually transmitted Infections and AIDS
- Chronic Disease and Disabilities
Final Project

- Create and Present a Personal Project
- What Health Issue or Topic are you interested in learning more about?