

ACADEMY FOR URBAN LEADERSHIP CHARTER HIGH SCHOOL  
HEALTH 3: GRADE 11

MONTH/MARKING PERIOD	WEEKS 1-3	WEEKS 4-5	WEEKS 6-7	WEEKS 8-9
2009 NJCCCS	2.1.12.B.1 2.1.12.B.3	2.1.12.B.2 2.1.12.C.1	2.4.12.A.1 2.4.12.A.4 2.4.12.A.5 2.1.12.E.3 2.2.12.A.2	2.4.12.A.2 2.4.12.A.3 2.4.12.A.4 2.4.12.A.5 2.4.12.A.6
ESSENTIAL QUESTION	What is the impact of nutrition in the development of wellness?	How can a person make better food choices that can positively impact their wellness?	What are the important qualities of a healthy family?	What are the important components of healthy peer relationships?
CONTENT	Nutrition. Digestion & excretion.	Making healthy food choices. Food Supply Safety.	Family Relationships	Peer Relationships
TOPICS	1.6 classes of nutrients. 2. Breaking bad nutritional habits. 3. Dietary guidelines. 4. Functions & structures of the digestive system. 5. Disorders of the digestive system. 6. Functions and organs of the excretory system. 7. Disorders of the excretory system.	1. Why you eat. 2. Food labels. 3. Managing your weight. 4. Conditions related to poor nutritional habits. 5. Nutrition for an individual's needs. 6. Foodborne illnesses. 7. Food preparation & storage.	1. Families Today: Changes and forms/types. 2. Responsibilities within a family. 3. Family problems. 4. Keeping the family healthy.	1. Skills for healthy peer relationships. 2. Friendships: importance of, types of, problems within. 3. Dating: physical attraction, violence in dating relationships, risks of sexual intimacy, emotional intimacy, and abstinence skills.
INTEGRATION OF TECHNOLOGY	Mypyramid.gov YouTube.edu. Choosemyplate.gov Kidshealth.org Nutrition.gov	Mypyramid.gov YouTube.edu. Choosemyplate.gov Kidshealth.org Nutrition.gov	Teenhealth.org Cdc.gov/healthyyouth	Teenhealth.org Cdc.gov/healthyyouth
ASSESSMENT	Quizzes, tests, written & oral responses, homework, classwork, oral	Quizzes, tests, written & oral responses, homework, classwork, oral	Quizzes, tests, written & oral responses, homework, classwork, oral	Quizzes, tests, written & oral responses, homework, classwork, oral

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	presentations, projects, journal entries.	presentations, projects, journal entries.	presentations, projects, journal entries.	presentations, projects, journal entries.
RESOURCES	Pearson/Prentice Hall textbook, 2007 edition: "Health", the workbook & associated DVD's.	Pearson/Prentice Hall textbook, 2007 edition: "Health", the workbook & associated DVD's.	Pearson/Prentice Hall textbook, 2007 edition: "Health", the workbook & associated DVD's.	Pearson/Prentice Hall textbook, 2007 edition: "Health", the workbook & associated DVD's.