# HEALTH

Health students study preventing disease, weight issues, emotions, risky behavior, mental disorders, and communicable diseases.

## HL101

Chapter 1: Five Fundamental Elements of Food

Section 1: Proteins, Carbohydrates, Fats

Section 2: Vitamins & Minerals

Section 3: Other Essential Ingredients in Food

Section 4: Food Labels

Chapter 2: Climb the Pyramid to Good Health

Section 1: Six Major Food Groups Section 2: Food Guide Pyramid

Section 3: Dietary Guidelines & Nutritional Claims

Chapter 3: Weighty Issues

Section 1: Gaining & Losing Weight Section 2: Smart Snacking & Fast Food

Section 3: Get Moving

#### HL102

Chapter 1: Healthy Choices Prevent Disease

Section 1: Reduce Your Risk of Disease with Diet & Exercise

Section 2: Common Health Issues Chapter 2: Stress & Communication

Section 1: Stress

Section 2: Communication

Section 3: Judgment or Observation

Section 4: Setting Boundaries

Chapter 3: Risky Behavior: Sexually Transmitted Diseases; Drugs; Alcohol

Section 1: Sexually Transmitted Diseases

Section 2: HIV/Aids Section 3: Alcohol Section 4: Tobacco Use

## HL103

Chapter 1: Emotions

Section 1: Why Am I So Moody Section 2: Mind-Body Connections Section 3: Taming the Temper Tiger

Section 4: How to Deal with Uncomfortable Emotions

Chapter 2: Dealing with Life's Crises Section 1: Cause of Loss & Grief Section 2: Five Stages of Loss & Grief

Section 3: Coping with Depression

Chapter 3: Suicide

Section 1: Why Do Teens Try to Kill

Themselves

Section 2: How to Recognize the Warning Signs of Suicide

Section 3: What If It's You or Someone You Know

### HL104

Chapter 1: Personality

Section 1: Why Study Personality

Section 2: What Influences Personality

Development

Section 3: What is Your Personality Type

Chapter 2: Mental Disorders Section 1: Anxiety Disorders Section 2: Eating Disorders

Section 3: Mood Disorders

Section 4: Personality Disorders

Section 5: Schizophrenia

Chapter 3: Addiction

Section 1: A Teen's Guide to Common

Addictions

Section 2: Signs of an Addiction

Section 3: Codependence

Chapter 4: Treatment for Mental Disorders & Addiction

Section 1: Who Treats Disorders &

Addictions

Section 2: What is Therapy

## HL105

Chapter 1: Communicable Diseases

Section 1: Immune System, Pathogens: How Diseases Are Spread

Section 2: Other Communicable Diseases

Section 3: Research a communicable Disease

Chapter 2: Family History of Disease

Section 1: Research

Chapter 3: Health Issues of Today

Section 1: Research Project

Section 2: Scoring Rubric for Writing