



Health & Wellness

GRADE 8

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STANDARDS	PAGE REFERENCES
Standard 1: Healthy Lifestyles	
Goal 1.1: Acquire the essential skills to lead a healthy life.	
7-8.H.1.1.1 Identify the components of physical fitness. (832.01.a)	Student Edition: C38-43, C50-51 <i>Lesson Review C 45 #1, #3, 53 #3</i> <i>Photo C40-41, C42</i> <i>Table C 41, C43</i> Teacher's Edition: D C42, C51; II C40; LA C39; QS C38; VS C50

STANDARDS	PAGE REFERENCES
<p>7-8.H.1.1.2 Identify the prevention, causes, symptoms, treatment, and consequences of diseases and disorders. (832.01.b)</p>	<p>Student Edition: B39, B41, C27, D81-85, D87-93, D95-99, D101-107, D119-123, D127-133 <i>Do You Know?</i> D83, D84, D87, D111, D 115, D128, D129 <i>Figure</i> D89, D90-91, D96-97, D111 <i>Lesson Review</i> D85 #1, #3, #4, D93 #1, #3, #4, D99 #2, #3, D107 #1, #2, #3, #4, #5, D117 #1, #3, #4, #5, D125 #3, #4, D133 #1, #2, #3, #4, #5, #6 <i>Life Skills</i> D85, D103, D106, D117, D132 <i>Photo</i> D81, D83, D84, D85, D87, D88, D102, D104, D105, D106, D112, D113, D114, D115, D116, D120, D121, D123, D127, D128, D129 <i>Science Link</i> D120</p> <p>Teacher’s Edition: BC D130; D B41, D82, D83, D91, D92, D95, D96, D97, D98, D102, D103, D105, D111, D112, D113, D114, D115, D116, D119, D120, D121, D122, D123, D127, D128, D130, D131, D132; ELL D92; HB D 123; HOC D131; HOH D114; IC D89, D90, D91, D96-97; II D87; LA D81, D87, D95, D111, D119; LS D85, D103, D106, D117, D132; MC D104, D121; OA D81; PLS D83, D121, D122, D129, D130; SC D90, SC D116; SL D120; SSC D83</p>
<p>7-8.H.1.1.3 Demonstrate knowledge of basic first aid and injury prevention. (832.01.c)</p>	<p>Student Edition: C89-95, C97-103, C105-111, C113-116, C119-125, C127-133, C135-141 <i>Do You Know?</i> C89, C121 <i>Figure</i> C89, C91, C113, C120, C121, C122-123, C132, C139, C140 <i>Lesson Review</i> C95 #1, #2, #3, C103 #1, #2, #3, #4, C117 #1, C125 #1, #2, #3, 133 #1, #2, #3, #4, #5, #6, C141 #1, #2, #3, #4 <i>Music LINK</i> C98 <i>Photo</i> C90, C92, C93, C94, C97, C98, C99, C102, C105, C106, C114, C115, C116, C119, C128, C129, C130, C131, C138 <i>Science LINK</i> C93</p> <p>Teacher’s Edition: D C89, C90, C91, C92, C93, C94, C97, C98, C99, C100, C101, C103, C105, C106, C108, C110, C121, C122, C123, C127, C128, C129, C130, C131, C132, C135, C137, C140; ELL C90; HOC C123; IC C89; II C102, C120, C131, C139, C140; LA C97, C119, C127; PLS C91, C92, C102, C122; SSC C94</p>

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<p>7-8.H.1.1.4 Explain the relationship among mental/emotional, physical, and social health as a basis for wellness. (832.01.d)</p>	<p>Student Edition: A5, A11 <i>Figure A11</i> <i>Lesson Review A11 #1, #5</i> <i>Write About It A5</i></p> <p>Teacher’s Edition: D A5; LA A5; PEC A7</p>
<p>7-8.H.1.1.5 Recognize the impact of substance abuse on personal health. (832.01.e)</p>	<p>Student Edition: D6, D13-17, D19, D27-28, D30-31, D36-37, 49-55, D57-61 <i>Do You Know? D57</i> <i>Figure D15, D31, D36, D51, D52, D58</i> <i>Lesson Review D17 #3, D33 #1, #2, #3, D37 #4, D55 #2, #3, D61 #1, #2, #4</i> <i>Science LINK D30</i></p> <p>Teacher’s Edition: D D30, D51, D52, D54, D57, D59; ELL D31; ID D15; II D58; LA D57</p>
<p>7-8.H.1.1.6 Identify how food choices affect health. (832.01.f)</p>	<p>Student Edition: B74-77, B87, B90-91, D111, D115, D121 <i>Do You Know? B74</i> <i>Figure B76, B91, D111</i> <i>Health Online B90</i> <i>Photo B87</i> <i>Science LINK B76</i></p> <p>Teacher’s Edition: BC B75, B90; D B75, B76, B77, B87, B90, D111; HO B90; HOG B75; IC B76, D111; IG B91; LA B87</p>
<p>7-8.H.1.1.7 Label the major components of each body system and identify the relationship to overall health. (832.01.g)</p>	<p>Student Edition: B5-6, B8-9, B13, B136-17, B21, B22-23, B27-28, B30, B33, B37, B40 <i>Figure B5, B6, B8, B9, B13, B16, B17, B21, B22, B27, B28, B30, B33, B37, B40</i> <i>Lesson Review B11 #2, B19 #1, #3, B25 #1, #2, B31 #1, #2, #4, B43 #1, #3</i></p> <p>Teacher’s Edition: D A5, A17; ELL B40; ID B9, B28, B33</p>

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7-8.H.1.1.8 Analyze the importance of healthy relationships. (832.01.h)	<p>Student Edition: A61, A67, A75, A84-85, A87 <i>Lesson Review</i> A79 #1, #5, A87 #3 <i>Photo</i> A75, A77</p> <p>Teacher’s Edition: D A67, A75, A76, A77; PLS A86</p>
7-8.H.1.1.9 Examine environmental health and recognize how it relates to a healthy lifestyle. (832.01.i)	<p>Student Edition: E61, E65-71, E73-75, E79-81 <i>Consumer Wise</i> E73 <i>Lesson Review</i> E63 #2, E71 #2, #3, #4, E77 #2 <i>Photo</i> E61, E66, E67, E68, E69, E73, E74, E75, E79</p> <p>Teacher’s Edition: D E61, E66, E67, E68, E69, E73, E74, E75, E79; II E70; LA E65, E79</p>
<p>Standard 2: Risk Taking Behavior</p>	
<p>Goal 2.1: Demonstrate the ability to practice health-enhancing behaviors and reduce health risks.</p>	
7-8.H.2.1.1 Identify risk factors that lead to STDs and pregnancy. (833.01.a)	<p>Student Edition: A90, D71, D82, D95, D102 <i>Figure</i> 96-97 <i>Health Online</i> D95 <i>Lesson Review</i> D99 #1, #2, D107 #3</p> <p>Teacher’s Edition: D A90, B41, D71, D95, D96, D97, D102; IC D96-97</p>
7-8.H.2.1.2 Evaluate the impact of risky behavior on personal health. (833.01.b)	<p>Student Edition: A8, C98, D14-15, D19, D28, D30-31, D51, D52-53, D54, D57-61 <i>Figure</i> A11 <i>Lesson Review</i> D61 #1, #2, #4 <i>Photo</i> A8, A18, C99, D19, D31</p> <p>Teacher’s Edition: D A8, C98, D19, D29, D30, D58; IP D31</p>

STANDARDS	PAGE REFERENCES
7-8.H.2.1.3 Identify the short-term effects and long-term consequences of substance abuse. (833.01.c)	<p>Student Edition: D14-17, D19, D22-23, D27, D28, D30-31, D35, D36-37, D49-55, D57-61 <i>Do You Know?</i> D57, D60 <i>Figure</i> D15, D23, D31, D51, D52, D58 <i>Lesson Review</i> D17 #2, #4, D25 #2, #3, D33 #2, #3, D37 #4, D61 #1, #2, #4 <i>Photo</i> D17</p> <p>Teacher’s Edition: D D14, D15, D22, D28, D51, D54, D57, D59; IC D23; II D58; LA D57</p>
<p>Standard 3: Communication Skills for Healthy Relationships</p>	
<p>Goal 3.1: Demonstrate the ability to use communication skills to enhance health.</p>	
7-8.H.3.1.1 Describe and explain the causes and effects of conflict in schools and families. (834.01.a)	<p>Student Edition: A62, A69, A70-71, C66-67, C68-69, D70 <i>Do You Know?</i> C67 <i>Photo</i> C66, C67</p> <p>Teacher’s Wraparound Edition: D A62</p>
7-8.H.3.1.2 Demonstrate communication skills that enhance personal relationships. (834.01.b)	<p>Student Edition: A13-19, A27-28, A47, D40, D64 <i>Figure</i> A19 <i>Lesson Review</i> A19 #1, #2, #3, #5 <i>Life Skills</i> A47, A80-81, B60-61 <i>Photo</i> A13, A15, A18, A19, A47, D40 <i>Social Studies LINK</i> A14</p> <p>Teacher’s Edition: D A13, A14, A15, A16, A47, D40; ELL A15; IC A18; LS A80-81</p>
<p>Standard 4: Consumer Health</p>	
<p>Goal 4.1: Organize, analyze, and apply health information practices and services appropriate for individual needs.</p>	
7-8.H.4.1.1 Analyze the validity of health information, products, and services. (835.01.a)	<p>Student Edition: D45, E62-63</p> <p>Teacher’s Edition: CW D82; PLS A10, D121</p>

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7-8.H.4.1.2 Identify the available resources that provide health care services and information. (835.01.b)	<p>Student Edition: A48-49, C12-13, C17, C21, D45, D65-67 <i>Consumer Wise</i> D23 <i>Life Skills</i> B91, D 66, D92 <i>Photo</i> D44</p> <p>Teacher’s Edition: BC D23; D23, E62; LS B91, D66, D92</p>
<p>Standard 5: Mental and Emotional Wellness</p>	
<p>Goal 5.1: Understand and demonstrate the key components to positive mental and emotional health.</p>	
7-8.H.5.1.1 Identify mental and emotional disorders. (836.01.a)	<p>Student Edition: A30, A38-41 <i>Do You Know?</i> A30 <i>Figure</i> A30 <i>Health Online</i> A39 <i>Photo</i> A38, A39</p> <p>Teacher’s Edition: D A38</p>
7-8.H.5.1.2 Recognize the personal aspects of mental and emotional health. (836.01.b)	<p>Mental and emotion health are defined on the following pages.</p> <p>Student Edition: A5</p>
7-8.H.5.1.3 Identify stressors and techniques for stress management. (836.01.c)	<p>Student Edition: A36-37 <i>Lesson Review</i> A41 #2 <i>Life Skills</i> A37, D60 <i>Math LINK</i> A35 <i>Photo</i> A35 <i>Physical Education LINK</i> A36</p> <p>Teacher’s Edition: D A35, A36, A37; HOC A37; LA A35; LS A37, D60</p>
7-8.H.5.1.4 Demonstrate aspects of emotional safety. (836.01.d)	<p>Healthful ways to deal with emotional concerns are addressed on the following pages.</p> <p>Student Edition: A27-29, A31-33, A36-A37, A38-A39, A40-41 <i>Lesson Review</i> A33 #1, #2, #4, #5</p>

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7-8.H.5.1.5 Analyze factors that influence the use of alcohol, tobacco, and drugs. (836.01.e)	<p>Student Edition: A44-45, D24-25, D39, E14-15 <i>Figure</i> D39 <i>Lesson Review</i> D25 #4, D45 #1 <i>Life Skills</i> D25, E14 <i>Photo</i> E14, E15 <i>Social Studies LINK</i> E15</p> <p>Teacher’s Edition: D D39, E15; II E14; LA D39; LS D25, E14</p>