

# 7<sup>th</sup> grade Life Skills/Health Syllabus

## Teacher Contact Information

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### **Course Description:**

Life Skills /Health class prepare students for life, the world of work, and careers in Family and Consumer Sciences by providing opportunities to develop the knowledge, skills, attitudes, and behaviors needed for:

- strengthening the well being of individuals and families across the life span;
- becoming responsible citizens and leaders in family, community, and work settings;
- promoting optimal nutrition and wellness across the life span;
- managing resources to meet the material needs of individuals and families;
- balancing personal, home, family and work life;
- using critical and creative thinking skills to address problems in diverse family, community, and work environments;
- successful life management, employment, and career development;
- functioning effectively as providers and consumers of goods and services; and
- appreciating human worth and accepting responsibility for one's actions and success in family and work life.

### **Textbooks:**

Glencoe Teen Health Series, Creative Living and Discovering Foods

### **Assignments and Academic Calendar**

Week 1-3

Etiquette-

- Values, Society, Technology, Communication

Communication-

- Building Healthy Relationships
- Resolving conflicts and preventing violence
- Decisions Making Skills, Peer Pressure

Week 4-7

## **Food and Nutrition-**

- Nutrition
- Physical Activity & Fitness

## **Kitchen Safety-**

- Skills for food preparation and Appliance Mastery
- Personal Safety

## **Food Safety-**

Food Borne Illness

## **Meal Planning-**

- Portion Size
- Nutrients
- My Plate.gov
- Food Groups
- Consumer Choices
- Cost analysis
- Convenience vs. Cooking from scratch

## **Week 8-9**

### **Nutrients**

- Body Systems & processing of nutrients from food
- Water
- Communicable Diseases

## **Week 10-11**

### **Career Cruising-**

- Career exploration and development of personal portfolio

## **Career Education -**

- Interview skills
- Job Skills
- Income levels

## **Week 12-13**

### **Personal Finance-**

- Goal setting
- Values
- Spending Plans
- Income/Expense
- Electronic Banking

## **Week 14-15**

### **Consumerism-**

- Consumer Rights
- Personal health and personal choices
- Becoming a smart consumer
- Spending wisely
- Researching products
- Utilizing resources

## **Week 16-17**

### **You as an Individual-**

- Understanding Health- Mental, Physical, Social Health
- Self Esteem & Body Image,
- Taking Control of Your Health
- Choices about drugs, alcohol and tobacco

- Communicable diseases- STDs, HIV & preventing spread of diseases

## **Week 18**

### **Relationships-**

- Family Dynamics & Friends
- Building Healthy Relationship
- Dating Violence
- Personal Safety