

*DIOCESE OF TOLEDO
Health Course of Study
Grade Five 2009*



Catholic Youth and School Services
1933 Spielbusch Avenue
Toledo, Ohio 43697-0985
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DIOCESE OF TOLEDO SCHOOL PHILOSOPHY

“The duty of human perfection, like the whole universe, has been renewed, recast, super naturalized, in the Kingdom of God. It is a truly Christian duty to grow... and to make one’s talents bear fruit...It is a part of the essentially Catholic vision to look upon the world as maturing--not only in each individual, or in each nation, but in the whole human race.”

(Teilhard de Chardin, The Divine Milieu)

The schools of the Catholic Diocese of Toledo assist parents in preparing their youngsters to assume their Christian vocation. The schools enable youngsters to perfect and grow in the knowledge, skills, values and attitudes to which they are called by Jesus Christ. This vocation begins and grows as each member hears the message of the Gospel, seeks to achieve a personal relationship with Jesus Christ and shares in a commitment of love and service of God and others in order to transform self and society.

Christian education in the Toledo Diocesan schools is intended to make students become people of faith who can experience--inside and outside the school setting-- learning and living in the light of this faith commitment. Students are instructed in human knowledge and skills in order to best relate human culture to God’s plan for His evolving creation. Religious education, i.e., instruction in truths and development of values, is of primary concern. This religious education serves as the basis by which students can integrate their experiences of learning and living at each stage of their development.

This integration thrives in a thoroughly Christian atmosphere where faculties and staffs share and demonstrate in their professional and private lives this same commitment to personal perfection and growth in Jesus Christ. Toledo Diocesan schools enable students to extend their personal faith commitment through prayer and by serving others. Together with faculty and staff, students participate in liturgical activities which foster community. Students explore ways to meet the challenges of tensions and conflicts which occur in community, especially in peacemaking and the achievement of justice. Gospel values impel students to a special concern for all who suffer any disadvantage. Students are enabled to commit themselves to the public interest by developing the skills and talents needed to contribute to the life of the nation.

This experience of integrating learning and living a commitment of faith is a reason for hope. It is the duty of the schools of the Diocese of Toledo to continually explore and rekindle hope for the future in the light of the present reality of the universe. Engaging our members--and the community-at-large--in a search for growth and perfection is our never-ending obligation. Our ultimate goal is union with Jesus Christ, “the way, the truth and the life.”

Diocese of Toledo Health Course of Study Philosophy

The Health Course of Study of the Diocese of Toledo seeks to connect content areas including Health, Religion Science, Physical Education and safety while providing a foundation for health-enhancement and risk avoidance behaviors among young people. This document provides teacher support as he/she strives to motivate young people to build healthy life-styles.

The Health Course of Study, understanding the complexity of the TOTAL person, incorporates a multidimensional approach to life. The student learns that actions have both positive and negative consequences. Problem solving skills and strategies prepare students to make healthy lifestyle choices. Eventually, the student can integrate his/her knowledge and understanding of health related issues and makes a commitment to a healthy life-style, all the while living in response to the call of Christ Jesus who is “the way, the truth and the life.”

**FIFTH GRADE
HEALTH
LEARNING OBJECTIVES**

Fifth Grade Standard: In light of Gospel values, students will demonstrate goal-setting skills to enhance health and avoid risks.

GROWTH & DEVELOPMENT	<p>5.GD.1 Understand that physical exercise supports learning and memory.</p> <p>5.GD.2 Participate in daily physical activity for 20 to 30 minutes.</p> <p>5.GD.3 Recognize the need for 10 ½ hours of sleep.</p> <p>5.GD.4 Identify responsible personal health goals.</p> <p>5.GD.5 Set a personal healthy living goal and track progress toward its achievement.</p> <p>5.GD.6 Recognize physical changes that accompany the onset of puberty.</p> <p>5.GD.7 Understand that physical changes are normal and healthy.</p> <p>5.GD.8 Appreciate the importance of living a chaste lifestyle. cf. Human Sexuality Handbook from Religious Education</p>
NUTRITION	<p>5.N.1 Recognize the need for water and healthy liquids for our body to work the way it should.</p> <p>5.N.2 Recognize the need for nutrition for our body and brain to grow</p> <p>5.N.3 Learn the five nutrient groups, their food sources, and importance to the body.</p> <p>5.N.4 Describe the role of major nutrients in the body and evaluate common foods for their nutritional value.</p> <p>5.N.5 Describe the role of fiber in the body and list sources of fiber.</p> <p>5.N.6 Commit to eating servings from “Nineteen Super Foods” each day. (Milk Group – 3; Meat Group – 2; Vegetable Group – 5; Fruit Group – 3; Grain Group – 6)</p> <p>5.N.7 Identify consequences of inadequate nutrition including mineral and protein deficiencies.</p> <p>5.N.8 Identify cardiovascular consequences of a high-fat diet.</p> <p>5.N.9 Compare and contrast forms of food preparation (fast food, processed food, home cooking, food from the microwave, etc.).</p>

<p>NUTRITION</p>	<p>5.N.10 Discuss the positive and negative effects of food additives.</p> <p>5.N.11 Understand that sugars (including corn syrup) and starches are carbohydrates.</p> <p>5.N.12 Explain the difference between saturated and unsaturated fats with an emphasis on understanding cholesterol. Describe how fats affect the body.</p> <p>5.N.13 Explain the physical and psychological consequences related to unsound weight loss.</p> <p>5.N.14 Understand the dynamics and dangers of eating disorders (anorexia nervosa, bulimia, obesity, etc.).</p> <p>5.N.15 Set a personal nutrition goal and track progress toward its achievement.</p>
<p>HYGIENE</p>	<p>5.H.1 Prevent the spread of germs by frequent and proper hand washing and covering sneezes and coughs</p> <p>5.H.2 Recognize the need for ongoing professional medical care.</p> <p>5.H.3 Explain the cause and treatment of acne.</p> <p>5.H.4 Know the importance of proper genital hygiene.</p>
<p>DRUGS</p>	<p>5.D.1 Understand the difference between prescription and over-the-counter medications.</p> <p>5.D.2 Classify alcohol, nicotine, caffeine, prescription medications and over-the-counter medications as drugs.</p> <p>5.D.3 Understand the difference between use, misuse, abuse, and dependency on drugs.</p> <p>5.D.4 Explain the stages of addiction.</p> <p>5.D.5 Classify the categories of drugs (depressants, stimulants, hallucinogens, and inhalants). Describe their effects and consequences on the body and mind.</p> <p>5.D.6 Set a goal to make healthy choices regarding the use of tobacco, alcohol, and other drugs.</p> <p>5.D.7 Compare and contrast the effects on a person's health of not using tobacco, alcohol, and other drugs with the consequences of using them.</p> <p>5.D.8 Practice using strategies to resist peer pressure to use tobacco, alcohol, and other drugs.</p> <p>5.D.9 Discuss reasons people give for use of legal and illegal drugs.</p> <p>5.D.10 Be familiar with current laws and their consequences regulating the use of alcohol, tobacco and other drugs.</p>

TEACHER RESOURCES

<u>Title</u>	<u>Topic</u>	<u>Author</u>	<u>Address/Phone</u>
Alcoholics Anonymous	Alcohol		www.toledoaa.com 419-380-9862
AIDS	Diseases & Disorders		www.aids.gov/basic
AIDS	Diseases & Disorders		www.aegis.com/
American Cancer Society	Diseases & Disorders		800-ACS-2345
American Heart Association	Diseases & Disorders		800-AHA-USA1
American Lung Association	Diseases & Disorders		800-LUNGUSA
American Red Cross	Diseases & Disorders		419-321-1742
Brain Gym	Learning enhancement	Paul Dennison	gobraingym.com
Drug Abuse Outreach Program	Drugs	Lucas County	www.umadaops.com/toledo.htm 419-255-4444
First Aid			www.medicinenet.com
Kids Health			www.kidshealth.org
The Prevention Pipeline	Drugs/Alcohol		800-729-6686
Wellness	All		www.netwellness.org/
Innovative Resources for Educators	All	Science based Resources	www.cyss.org/HotLinksPages/InnId
Dietary Guidelines	Nutrition		www.ars.usda.gov
Depression	Mental Health		www.depression.com/
Student Personalities	Mental Health		www.green-river.com/
American Egg Board	Nutrition		www.aeb.org
Better Breakfast/Better Learning	Nutrition	OH Dept. of Education	http://www.ode.state.oh.us
Nutrition	Nutrition		www.mealformation.com
Infections	Infections		http://www.cdc.gov/ncidod/dhqp/a_z.html
L.I.F.E. Guidelines	Social – Emotional		http://www.kidshealth.org/parent/infections
Nutrition Camp	Nutrition	Kelloggs	http://www.cyss.org/Schools/Innovators/
Snackin' Smart - Fun Activities	Nutrition	OH Dept. of Education	www.kelloggs.com
The Food Guide Pyramid	Nutrition	OH Dept. of Education	http://www.ode.state.oh.us
What's In a Meal?	Nutrition	OH Dept. of Education	http://www.ode.state.oh.us
Character Education in Ohio	Social Health	OH Dept. of Education	http://www.ode.state.oh.us