

# 8<sup>th</sup> Grade Health

## October 3

### Quick write

Answer the following question.... (In composition notebook!)

## **Describe the actions that cause food to move through the digestive tract.**

*Make sure to elaborate using examples, evidence, quotes, anecdotes, etc.*

(Min of 2-5 sentences)...When finished share in Table groups, then a few "share outs" as a class!

### Read The Digestive System:

### Ch.15/Lesson 3 (pgs.422-428)

- Complete Guided Notes for Digestive System- **Due 9/29/16 (by the end of class).**
- Watch** *The Digestive and Excretory Systems*
  - Take 1 page of notes/to be handed in at the end of class.*
- Watch-Brian Pop** *Urinary System*
  - Pop*<https://www.brainpop.com/health/bodysystems/urinarysystem/>
- Brain Pop- Build a Body: Digestive System Interactive Game as a class.**
  - <https://www.brainpop.com/games/buildabodydigestivesystem/>



Today I am learning about...

- ✓ Digestive system

So I can...

- ✓ Learn how it provides nutrients and energy to the body through the digestion of food.

I will know I am successful when I

- ✓ Have read Ch.15/Lesson 3
- ✓ Have watched and discussed with my peers the video on the digestive and excretory systems
- ✓ Complete Guided Notes for the Digestive System

# 8<sup>th</sup> Grade Health

## October 4

### Quick write

Answer the following question.... (In composition notebook!)

**What functions of the digestive system take place in the small intestine?**

*Make sure to elaborate using examples, evidence, quotes, anecdotes, etc.*

**(Min of 2-5 sentences)...When finished share in Table groups, then a few “share outs” as a class!**

**Read The Digestive System: Ch.15/Lesson 3 (pgs.422-428)**

- Complete Guided Notes for Digestive System- **Overdue**
- Watch** *The Digestive and Excretory Systems*
  - Take 1 page of notes/to be handed in at the end of class. (hand if you have not!)*
- Digestive System Body Map-Due Thurs.**
  - Color different parts/organs a different color.
  - Be sure they are **contrasting colors** when they are next to each other. Must use colored pencils only.
  - Label and describe each **part/organ** and **its function**.
  - Neat, small handwriting or typed (printed and pasted)
  - Accurate information (Spelling counts!)
  - Neatness counts!
  - Cite your source (ex. Brian Pop)

### **Useful Map:**

[http://www.wpclipart.com/medical/anatomy/digestive/Digestive\\_system\\_diagram\\_T.png](http://www.wpclipart.com/medical/anatomy/digestive/Digestive_system_diagram_T.png)

- Digestive System Test-Thurs.**



**Today I am learning about...**

- ✓ Digestive system

**So I can...**

- ✓ Learn how it provides nutrients and energy to the body through the digestion of food.

**I will know I am successful when I**

- ✓ Have read Ch.15/Lesson 3
- ✓ Have watched and discussed with my peers the video on the digestive and excretory systems
- ✓ Complete Guided Notes for the Digestive System
- ✓ Completed Digestive System Body Map

# 8<sup>th</sup> Grade Health

## October 5

### Quick write

Answer the following question.... (In composition notebook!)

**None.**

Make sure to elaborate using examples, evidence, quotes, anecdotes, etc.

(Min of 2-5 sentences)...When finished share in Table groups, then a few “share outs” as a class!

Read The Digestive System: Ch.15/Lesson 3  
(pgs.422-428)

- Digestive System Body Map-*Due Thurs.***
  - Color different parts/organs a different color.
  - Be sure they are **contrasting colors** when they are next to each other. Must use colored pencils only.
  - Label and describe each **part/organ** and **its function**.
  - Neat, small handwriting or typed (printed and pasted)
  - Accurate information (Spelling counts!)
  - Neatness counts!
  - Cite your source (ex. Brian Pop)

**Useful Map:**

[http://www.wpclipart.com/medical/anatomy/digestive/Digestive\\_system\\_diagram\\_T.png](http://www.wpclipart.com/medical/anatomy/digestive/Digestive_system_diagram_T.png)

- Digestive System Test-*Fri.***
  - See Review terms on **next page**



Today I am learning about...

- ✓ Digestive system

So I can...

- ✓ Learn how it provides nutrients and energy to the body through the digestion of food.

I will know I am successful when I

- ✓ Have read Ch.15/Lesson 3
- ✓ Have watched and discussed with my peers the video on the digestive and excretory systems
- ✓ Complete Guided Notes for the Digestive System
- ✓ Completed Digestive System Body Map

# Review Terms for Digestive Test

<b>Food Guide Pyramid (My Plate)</b>	<b>Nephrons</b>	<b>Excretory System</b>	<b>Chyme</b>
<b>Nutrient</b>	<b>Saliva</b>	<b>Proteins</b>	<b>Chemical digestion</b>
<b>Enzyme</b>	<b>Epiglottis</b>	<b>Mechanical digestion</b>	<b>Peristalsis</b>
<b>Bolus</b>	<b>Stomach</b>	<b>Urinary system</b>	<b>Liver</b>
<b>Fiber</b>	<b>Bile</b>	<b>Urea</b>	<b>Pancreas</b>

# 8<sup>th</sup> Grade Health

## October 6

### Quick write

Answer the following question.... (In composition notebook!)

### **Review words for test**

Make sure to elaborate using examples, evidence, quotes, anecdotes, etc.

(Min of 2-5 sentences)...When finished share in Table groups, then a few “share outs” as a class!

**Read The Digestive System: Ch.15/Lesson 3 (pgs.422-428)**

- Digestive System Body Map-*Due Thurs./hand in if you have not***
- Digestive System Test-*Fri.***
  - See Review terms on ***previous page***
- Watch: *Bill Nye Digestion***
  - <http://www.schooltube.com/video/de35fb888751492591a0/Bill%20Nye%20Digestion>
  - Take one page of notes-**hand in when finished.**

**Group Work:** (1<sup>st</sup> team to get all correct gets to put in a music request!)

- Team Game: match the word with the definition.
- Take Bill Nye quiz
- Ted Talk: *How does digestion work?***
  - <http://ed.ted.com/featured/b2umD1Ay>



Today I am learning about...

- ✓ Digestive system

So I can...

- ✓ Learn how it provides nutrients and energy to the body through the digestion of food.

I will know I am successful when I

- ✓ Have read Ch.15/Lesson 3
- ✓ Have watched and discussed with my peers the video on the digestive and excretory systems
- ✓ Complete Guided Notes for the Digestive System
- ✓ Completed Digestive System Body Map
- ✓ Have watched Bill Nye Digestion and taken 1 pg of notes.

# 8<sup>th</sup> Grade Health

## October 7

### Quick write

Answer the following question.... (In composition notebook!)

**Name three health problems that good nutrition can help you avoid.**

*Make sure to elaborate using examples, evidence, quotes, anecdotes, etc.*

(Min of 2-5 sentences)

### Digestive System Test-**Take**

Hand in to **red bin**

*When finished with test...*

### Read The Importance of Nutrition:

Ch.10/Lesson 1 (pgs.254-257)

- Complete Lesson 1 Assessment (pg257)  
#1-6-**Due by end of class** (if don't complete you will have 10min. Tuesday to **complete-NOT HOMEWORK!**)
- Watch short Nutrition Video
  - Answer WS Questions in group relating
- Nutrition Label from Home-Bring In
  - **Due Tuesday!**



Today I am learning about...

- ✓ Digestive system and Nutrition

So I can...

- ✓ Learn how it provides nutrients and energy to the body through the digestion of food.
- ✓ Learn to make healthful food choices

I will know I am successful when I

- ✓ Have taken Digestive System Test
- ✓ Have watched and discussed with my peers the short video on nutrition.
- ✓ Have Answered Questions relating to short video on nutrition.
- ✓ Complete Lesson 1 Assessment questions #1-6

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## October 11

### Quick write

Answer the following question.... *(In composition notebook!)*

**Identify two emotions that influence eating when someone is not hungry.**

*Make sure to elaborate using examples, evidence, quotes, anecdotes, etc.*

**(Min of 2-5 sentences)**

### **Digestive System Test-*Review***

**Hand in to *red bin***

*When finished with test...*

### Read The Importance of Nutrition:

Ch.10/Lesson 1 (pgs.254-257)

- Complete Lesson 1 Assessment (pg257)**  
**#1-6-Finish-*Due/Review/Hand in***
- Watch short Nutrition Video (**Thurs.**)**
  - Answer WS Questions in group relating**
- Nutrition Label from Home-Bring In**  
**- *Due/Hand in***



Today I am learning about...

✓ Digestive system and Nutrition

So I can...

- ✓ Learn how it provides nutrients and energy to the body through the digestion of food.
- ✓ Learn to make healthful food choices

I will know I am successful when I

- ✓ Have taken Digestive System Test
- ✓ Have watched and discussed with my peers the short video on nutrition.
- ✓ Have Answered Questions relating to short video on nutrition.
- ✓ Complete Lesson 1 Assessment questions #1-6



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## October 12-13

### Quick write

Answer the following question.... (In composition notebook!)

### **Review.**

Make sure to elaborate using examples, evidence, quotes, anecdotes, etc.

(Min of 2-5 sentences)

### **Digestive System Test-*Corrections Due***

*When finished with test...*

### Read The Importance of Nutrition: Ch.10/Lesson 1 (pgs.254-257)

- Watch short Nutrition Video (**Thurs.**)
  - Answer WS Questions in group relating
- Nutrition Label from Home-Bring In **Due/Hand in**

Watch: Get off the SoFAS!

<https://www.youtube.com/watch?v=PV3e0ecwyAs>

- Take one page of notes (10/12)
- Take 2<sup>nd</sup> page of notes (10/13)

In groups...

- complete worksheet/Graphic Org.:

*While you Watch: Get off the SoFAS*

- Complete in Class **Thurs**
- Quiz on Solid Fats and Added Sugars-**Fri.**

Watch: Ted Talks (see next slide)



Today I am learning about...

- ✓ Nutrition

So I can...

- ✓ Learn to make healthful food choices

I will know I am successful when I

- ✓ Have watched and discussed with my peers the short video on nutrition.
- ✓ Have Answered Questions relating to short video on nutrition.
- ✓ Complete 2 pgs of notes after watching Get off the SoFAS!
- ✓ Complete group work: While You Watch: Get off the SoFAS graphic org.
- ✓ Take short quiz on Solid Fats and Added Sugars



# Ted Talks

Whats wrong with what we eat?

□ [https://www.ted.com/talks/mark\\_bittman\\_on\\_what\\_s\\_wrong\\_with\\_what\\_we\\_eat?](https://www.ted.com/talks/mark_bittman_on_what_s_wrong_with_what_we_eat?language=en)

Teach Every Child about food:

□ [http://www.ted.com/talks/jamie\\_oliver?language=en](http://www.ted.com/talks/jamie_oliver?language=en)

# 8<sup>th</sup> Grade Health

## October 14

### Quick write

Answer the following question.... (In composition notebook!)

### **Review.**

Make sure to elaborate using examples, evidence, quotes, anecdotes, etc.

(Min of 2-5 sentences)

### **Digestive System Test-*Corrections Due***

*When finished with test...*

**Read The Importance of Nutrition: Ch.10/Lesson 1**  
(pgs.254-257)

- Nutrition Label from Home-Bring In  
**Due/Hand in**

**Watch: Get off the SoFAS!-Use notes to study for test!**

<https://www.youtube.com/watch?v=PV3eOecwyAs>

- Take one page of notes (10/12)
- Take 2<sup>nd</sup> page of notes (10/14)

**In groups...**

- complete worksheet/Graphic Org.(2):

**While you Watch: Get off the SoFAS**

- Complete in Class **Thurs & Fri.**

**Quiz on Nutrition & Solid Fats and Added Sugars-**  
**Mon.**

- Use notes & PowerPoint info.



Today I am learning about...

- ✓ Nutrition

So I can...

- ✓ Learn to make healthful food choices

I will know I am successful when I

- ✓ Have watched and discussed with my peers the short video on nutrition.
- ✓ Have Answered Questions relating to short video on nutrition.
- ✓ Complete 2 pgs of notes after watching Get off the SoFAS!
- ✓ Complete group work: While You Watch: Get off the SoFAS graphic org.
- ✓ Take short quiz on Solid Fats and Added Sugars



# 8<sup>th</sup> Grade Health

## October 17-Monday

### Quick Review

**Review. Look over your notes from Get off the SoFAS! And Ch.10/Lesson 1**

**Take Quiz on Nutrition & Solid Fats and Added Sugars-Mon.**

- Use notes & open book
- Hand in to Red Bin

*When finished with test...*

**Read The Importance of Nutrition:**  
**Ch.11/Lesson 2(pgs.297-302)**

- Complete Lesson 2 Assessment #1-5  
**(Due by the end of class)**

**Today I am learning about...**

- ✓ Nutrition and Body Image and Eating Disorders

**So I can...**

- ✓ Learn to make healthful food choices

**I will know I am successful when I**

- ✓ Take short quiz on Nutrition & Solid Fats and Added Sugars.
- ✓ Have Read Ch.11/Lesson 2 and completed Lesson 2 Assessment #1-5.



# 8<sup>th</sup> Grade Health

## October 18-Tuesday

### Quick write

Answer the following question.... *(In composition notebook!)*

**People with eating disorders such as anorexia nervosa have an irrational fear of gaining weight. Would you recognize the signs of anorexia in someone? Why/Why not?**

*Make sure to elaborate using examples, evidence, quotes, anecdotes, etc.*

**(Min of 2-5 sentences)**

**\*\*Think, pair, share for 2 min. when finished writing.**

*When finished with Quick Write...*

**The Importance of Nutrition: Ch.11/Lesson 2(pgs.297-302)**

- Complete Lesson 2 Assessment #1-5 (Correct as a class/hand in to red bin when finished)**
  - Review answers as a class from yesterdays class work (pg.302 in book)
  - Complete : Ch.11/Lesson 2 packet (3 pgs)-You will have 5 min Wed. to finish if you do not finish in class today the packet

**Quiz: Ch.11/Lesson 2: Wednesday**

Today I am learning about...

- ✓ Body Image and Eating Disorders

So I can...

- ✓ Learn to make healthful body choices

I will know I am successful when I

- ✓ Take short quiz on Nutrition & Solid Fats and Added Sugars.
- ✓ Have Corrected and Reviewed Ch.11/Lesson 2 and completed Lesson 2 Assessment #1-5.
- ✓ Have completed Ch.11/Lesson 2 packet

# 8<sup>th</sup> Grade Health

## October 19-Wed.

### Quick Review

**Review.** Work on packets from Ch.10/Lesson 2(will finish Thurs.)

*When finished with Quick Review...*

**Watch:** *Fast Food Nutrition(Learning Zone Xpress)-*

(Preview)-

<https://www.youtube.com/watch?v=B7ZndCZmd38>

Complete Video Worksheet (*check your answers when finished!...See below*)

[https://www.learningzonexpress.com/media/wysiwyg/documents/worksheets/3499\\_Fast\\_Food\\_Worksheet.pdf](https://www.learningzonexpress.com/media/wysiwyg/documents/worksheets/3499_Fast_Food_Worksheet.pdf)

**Take Quiz on Ch.11/Lesson 2-*Wed.***

Open book

Hand in to Red Bin

*When finished with Quiz....*

**Watch Grocery Shopping Challenge**

Complete Video Guide while watching (finish Thurs. if not enough time Wed.)



**Today I am learning about...**

✓ Body Image and Eating Disorders

**So I can...**

✓ Learn to make healthful body choices

**I will know I am successful when I**

✓ Have Corrected and Reviewed Ch.11/Lesson 2 and completed Lesson 2 Assessment #1-5.

✓ Have completed Ch.11/Lesson 2 packet

✓ Have taken Ch.11/Lesson 2 Quiz

✓ Have watched and completed worksheet for *Fast Food Nutrition*

# 8<sup>th</sup> Grade Health

## October 20-Thurs.

### Quick Review

**Review. Work on packets from Ch.11/Lesson 2( **finish-homework if not completed in class-Due Fri**)**

*When finished with Quick Review...*

### Fast Food Nutrition

**Complete Fast Food/Restaurant worksheet-**Due Fri.****

Take Quiz on Ch.11/Lesson 2-**Fri.**

**Not open book**

*When finished with Quiz....*



Today I am learning about...

✓ Body Image and Eating Disorders

So I can...

✓ Learn to make healthful body choices

I will know I am successful when I

✓ Have Corrected and Reviewed Ch.11/Lesson 2 and completed Lesson 2 Assessment #1-5.

✓ Have completed Ch.11/Lesson 2 packet

✓ Have taken Ch.11/Lesson 2 Quiz

✓ Have watched and completed worksheet for *Fast Food Nutrition*



# 8<sup>th</sup> Grade Health

## October 21-Fri.

### Quick Review

Review. Work on packets from Ch.10/Lesson 2(**Due-Hand in**)

*When finished with Quick Review...*

### Fast Food Nutrition

- Complete Fast Food/Restaurant worksheet-  
**Due-Hand in**

### Take Quiz on Ch.11/Lesson 2-Fri.

- Hand in to red bin when finished

**When finished with Quiz....**

### Ch.11/Lesson 1: Maintaining a Healthy Weight

- Read pgs. 290-296
- Do Questions #1-6 on pg. 296

**Today I am learning about...**

- ✓ Body Image and Eating Disorders
- ✓ Maintaining a Healthy Weight

**So I can...**

- ✓ Learn to make healthful body choices

**I will know I am successful when I**

- ✓ Have Corrected and Reviewed Ch.11/Lesson 2 and completed Lesson 2 Assessment #1-5.
- ✓ Have completed Ch.11/Lesson 2 packet.
- ✓ Have taken Ch.11/Lesson 2 Quiz
- ✓ Have watched and completed worksheet for *Fast Food Nutrition*.
- ✓ *Have completed fast food restaurant worksheet.*
- ✓ *Have read Ch.11/Lesson 1 and completed Q's #1-6.*





# 8<sup>th</sup> Grade Health

## October 24-Mon.

### Quick Review

### Ch.11/Lesson 1: Maintaining a Healthy Weight

- Read pgs. 290-296
- Do Questions #1-6 on pg. 296 **(Due / Review/Hand in)**

*When finished with Quick Review...*

### Fast Food Nutrition

- Complete Fast Food/Restaurant worksheet- **Due-Hand in if you have not!**

### Watch Ch.11/Lesson 1 Maintaining a Healthy Weight Video

- Complete Video Summary Questions in groups- **Tues.**

Today I am learning about...

- ✓ Body Image and Eating Disorders
- ✓ Maintaining a Healthy Weight

So I can...

- ✓ Learn to make healthful body choices

I will know I am successful when I

- ✓ Have Corrected and Reviewed Ch.11/Lesson 2 and completed Lesson 2 Assessment #1-5.
- ✓ Have completed Ch.11/Lesson 2 packet.
- ✓ Have taken Ch.11/Lesson 2 Quiz
- ✓ Have watched and completed worksheet for *Fast Food Nutrition*.
- ✓ *Have completed fast food restaurant worksheet.*
- ✓ *Have read Ch.11/Lesson 1 and completed Q's #1-6.*

# 8<sup>th</sup> Grade Health-October 25



## Quick Review

*Highlight points that will be on the test:*

- ❑ **Ch.10/Lesson 1: The Importance of Nutrition**
  - ❑ **Nutrition**
  - ❑ **Nutrients**
  - ❑ **Calorie**
  - ❑ **Hunger**
  - ❑ **Appetite**
  - ❑ **Family, culture, friends, time, money and advertising**
- ❑ **Ch.10.4: Nutrition Labels and Food Safety**
  - ❑ **Nutrition Facts panel**
  - ❑ **Open Dating (sell by, use by, freshness, pack dates)**
  - ❑ **Food Safety: Foodborne illness, pasteurization, cross-contamination, food allergy food intolerance, safe food temperatures.**
- ❑ **Ch.11.1, 11.2 & 11.3**
  - ❑ **Maintaining a Healthy Weight**
    - ❑ **Metabolism, body mass index (BMI), overweight, obese, underweight, healthful ways to lose weight, calories burned, physical activity.**
  - ❑ **Body Image and Eating Disorders**
    - ❑ **Body Image, fad diets, weight cycling, eating disorders: Anorexia nervosa, Bulimia nervosa, and Binge eating disorder**
  - ❑ **Lifelong Nutrition**
    - ❑ **Age, Gender, vegetarian, dietary supplements, diabetes, food allergies, lactose intolerance, celiac disease, high blood pressure, high cholesterol, nutrition for Athletes, hydration, performance enhancers, anabolic steroids, androstenedione (andro), Creatine, energy drinks, herbal supplements, megadoses.**

## Watch Ch.10.4 nutrition Labels and Food Safety Video

- ❑ Complete Video Summary Questions Worksheet & Keeping Food safe on the back side- **Due Wed.**

## Ch.10/Ch.11 Test-Wed.

- ❑ The PowerPoints for each lesson can be found on my website under **documents!**

## Today I am learning about...

- ✓ Body Image and Eating Disorders
- ✓ Maintaining a Healthy Weight
- ✓ Nutrition Labels and Food Safety

## So I can...

- ✓ Learn to make healthful body choices

## I will know I am successful when I

- ✓ *Have read Ch.10/Lesson 4 as a class*
- ✓ *Have completed Nutrition Labels and Food Safety video worksheet and keeping food safe worksheet.*
- ✓ *Studied and taken Ch.10/Ch.11 test.*

# 8<sup>th</sup> Grade Health-October 26



## Quick Review

Take 3 min to review material.

## Ch.10.4 nutrition Labels and Food Safety Video

- ❑ Complete Video Summary Questions Worksheet & Keeping Food safe on the back side- **Due/Hand in**

## Ch.10/Ch.11 Test-Take

- ❑ When finished...
  - ❑ Hand in all 3 papers to the front of the room.
  - ❑ Read a book or work on homework!

### Today I am learning about...

- ✓ Body Image and Eating Disorders
- ✓ Maintaining a Healthy Weight
- ✓ Nutrition Labels and Food Safety

### So I can...

- ✓ Learn to make healthful body choices

### I will know I am successful when I

- ✓ *Have read Ch.10/Lesson 4 as a class*
- ✓ *Have completed Nutrition Labels and Food Safety video worksheet and keeping food safe worksheet.*
- ✓ *Studied and taken Ch.10/Ch.11 test.*

# 8<sup>th</sup> Grade Health-October 27



## Quick Review

Take 3 min to review material.

## Ch.10/Ch.11 Test-Retake-Correct

### Directions for Test Corrections

#### Scantron

- Put correct answers on back of scantron test
- Each correction must have pg# or source from where you found the correct information.

#### Written-make corrections & hand in when complete.

- When finished...
  - Hand in all 3 papers to the front of the room.
  - Read a book or work on homework!

#### Today I am learning about...

- ✓ Body Image and Eating Disorders
- ✓ Maintaining a Healthy Weight
- ✓ Nutrition Labels and Food Safety

#### So I can...

- ✓ Learn to make healthful body choices

#### I will know I am successful when I

- ✓ *Have read Ch.10/Lesson 4 as a class*
- ✓ *Have completed Nutrition Labels and Food Safety video worksheet and keeping food safe worksheet.*
- ✓ *Studied and taken Ch.10/Ch.11 test.*
- ✓ *Completed test corrections for Ch.10/Ch.11*

# 8<sup>th</sup> Grade Health-October 28



## Quick Review

Take 3 min to review material.

**Ch.10/Ch.11 Test--Correct if you have not done so**

## Directions for Test Corrections

### Scantron

- Put correct answers on back of scantron test
- Each correction must have pg# or source from where you found the correct information.

Written-make corrections & hand in when complete.

- When finished...We will review as a class
- Hand in all 3 papers to the front of the room.

## Watch: Obesity in a Bottle video

- Complete Obesity in a Bottle video worksheet- **Hand in when finished!**

### Today I am learning about...

- ✓ Body Image and Eating Disorders
- ✓ Maintaining a Healthy Weight
- ✓ Nutrition Labels and Food Safety

### So I can...

- ✓ Learn to make healthful body choices

### I will know I am successful when I

- ✓ *Have read Ch.10/Lesson 4 as a class*
- ✓ *Have completed Nutrition Labels and Food Safety video worksheet and keeping food safe worksheet.*
- ✓ *Studied and taken Ch.10/Ch.11 test.*
- ✓ *Completed test corrections for Ch.10/Ch.11*
- ✓ *Watch Obesity in a Bottle and completed video worksheet.*

# 8<sup>th</sup> Grade Health-October 31



## Quick Write

If you know the S.T.O.P. strategy, write it out. If not, explain what you would do if someone offered you alcohol, tobacco, or any other illegal drug.

*Think, Pair, Share*

## Ch.21: Alcohol

Review PowerPoints and key ideas.

### Getting Help for Alcohol Abuse

**BIG IDEA** Many resources are available to help alcoholics, alcohol abusers, and their families.

#### Staying Alcohol Free

If someone pressures you to drink alcohol, smoke, or do drugs use refusal skills. Practice the S.T.O.P. strategy:



### Today I am learning about...

✓ Alcohol

### So I can...

✓ Learn what problems with drinking can occur and how alcoholism can harm both the drinkers and the people around them.

### I will know I am successful when I

✓ *Reviewed the S.T.O.P. strategy*

✓ *Have review, with the class, the Ch.21 PowerPoints associated with Alcohol.*

# 8<sup>th</sup> Grade Health

## October (Postponed)

### Quick Review

*When finished with Quick Review...*

### Watch Grocery Shopping Challenge

- Complete Video Guide while watching (finish Thurs. if not enough time Wed.)



**Today I am learning about...**

- ✓ Body Image and Eating Disorders

**So I can...**

- ✓ Learn to make healthful body choices

**I will know I am successful when I**