

Curriculum Grade Book

Morgan County School District

Final, 01/11/2010

Foods
CTE

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Health Education																														
<p>■ 1.1.03 (DOK 2) Supporting The learner will be able to identify and explain changes in roles, responsibilities and skills needed to effectively work in groups throughout life (e.g., setting realistic goals, time and task management, planning, decision-making process, perseverance).</p>																														
<p>■ 1.2.01 (DOK 3) ASSESSED The learner will be able to analyze the effect of individual behavior choices and habits relating to diet, exercise, rest, and other choices (e.g., tobacco, alcohol, and other drugs use) on various body systems (e.g., circulatory, respiratory, nervous, digestive).</p>																														
<p>■ 1.2.02 (DOK 2) ASSESSED The learner will be able to describe symptoms, causes, patterns of transmission, prevention, and treatments of communicable diseases (e.g., hepatitis, tuberculosis, STD/HIV) and non-communicable diseases (cancer, diabetes, obesity, cardiovascular disease, arthritis, osteoporosis).</p>																														
<p>■ 1.2.03 (DOK 2) ASSESSED The learner will be able to explain risks associated with unhealthy habits and behaviors (e.g., dietary, physical activity, tobacco, alcohol, steroids, other substance abuse, sexual activity, violent/aggressive behavior).</p>																														
<p>■ 1.2.06 (DOK 3) ASSESSED The learner will be able to recommend and justify effective self-management and coping strategies (e.g., setting realistic goals, time, task and stress management, decision making, learning style preference, perseverance)</p>																														

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for maintaining mental and emotional health.																														
<ul style="list-style-type: none"> 1.3.01 (DOK 3) Supporting The learner will be able to evaluate the positive and negative impact of food selections that contain essential nutrients (proteins, carbohydrates, fats, minerals, vitamins, water) on maintaining and promoting health. 																														
<ul style="list-style-type: none"> 1.3.02 (DOK 2) ASSESSED The learner will be able to explain how recommendations made in the Dietary Guidelines for Americans 2005 and the Food Guide Pyramid contribute to good health and how exchanges and substitutions can be made for a variety of special dietary needs (e.g., diabetes, weight control, pregnancy). 																														
<ul style="list-style-type: none"> 1.4.02 (DOK 2) ASSESSED The learner will be able to explain how proper first-aid procedures (CPR/rescue breathing) for responding to emergency situations (falls, drowning, choking, bleeding, shock, poisons, burns, temperature-related emergencies, allergic reactions, broken bones, overdose, heart attacks, seizures) can help reduce the severity of injuries and save lives. 																														
Physical Education																														
<ul style="list-style-type: none"> 2.2.01 (DOK 2) ASSESSED The learner will be able to explain how physical, emotional/mental, and social benefits result from regular participation in leisure/recreational or competitive physical activities: PHYSICAL: Disease prevention, weight management, muscular strength, muscular endurance, flexibility, cardio-respiratory endurance, control of body movements, increased metabolism, 																														

