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| **Learning Standard** | **Ideas for Developing Investigations and Learning Experiences** | **Date Completed** |
| **Intro to Body Systems: Understanding the concept of body systems** |
| 1. **Understand the concept of a healthy body**
2. **Identify the main systems in the body**
3. **Students will be able to name and identify the purpose of each body system**
4. **Identify and understand the importance of healthy bones, muscles, skin , heart, digestion, respiratory, and nerves**
 | * Use a simple activity to identify the aspects of the body systems
* Students will be able to identify each body system (by name)
* Identify the purpose and function of each body system
* Use a simple activity to help students identify each system and their function
* Students will be able to understand the importance of healthy bones, muscles, skin, heart, digestion, and nerves in relationship to a healthy body
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| **Learning Standard** | **Ideas for Developing Investigations and Learning Experiences** | **Date Completed** |
| **Body Systems: Understanding the function of each body system and how it relates to one’s overall health** |
| 1. **Identify the function of each body system (skeletal, muscular, skin, digestive, circulatory, respiratory, nervous, urinary, immune)**
2. **Identify how the body systems work together**
3. **Identify the possible risk factors when the body is not working properly**
 | * Use a simple activity to identify the function of the body systems
* Students will be able to name and define each of the body systems
* Students will be able to identify how each body system functions.
* Students will be able to identify and understand the parts that relate to each body system (for example: parts of the circulatory system includes the heart, arteries, veins, capillaries)
* Students will be able to identify which body systems work together and how these systems rely on each other
* Use an activity to show how each body system works together
* Identify the possible health consequences that may occur if one (or multiple) body systems are not functioning properly.
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| **Learning Standard** | **Ideas for Developing Investigations and Learning Experiences** | **Date Completed** |
| **Nutrition: Understanding what proper nutrition is and its affects one’s personal health** |
| 1. **Understand the concept of nutrition**
2. **Identify and explain the importance of proper nutrition in relation to the body systems**
3. **Identify and understand the importance healthy food portions**

 | * Use a simple activity to identify the aspects of healthy eating (for example: eating foods low in sugar, fat, and salt)
* Students will be able to define the concept of proper nutrition in the areas of protein, carbohydrates, fats, water, minerals, vitamins (myplate.com)
* Identify and explain the importance of proper food choices and how it relates to function of the each body systems
* Use an activity to determine what types of foods may affect the proper function of the body systems
* Students will identify proper techniques when determining healthy food portions
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