

# Human Growth and Development Pacing Guide

## 5<sup>th</sup> Grade

Topic	Standard	Generalizations/Big Ideas	Curriculum
<b>Lesson 1</b> <b>Diet and Exercise</b> (1 day)	Describe how a proper diet and exercise are important to good health.	a. Good health habits such as cleanliness, eating well, and exercise help us feel better about our bodies. b. The foods eaten today can impact future health and well-being. c. Diets should be high in fruits, vegetables, whole grains, low-fat dairy products, lean meats, poultry, fish, beans, eggs, and nuts. d. It is best to limit foods in our diets that are high in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars. e. Balancing food intake and physical activity help maintain a healthy body weight.	<b>Health World</b> Way to Grow: Watch whole video Complete WTG <i>While You Watch</i> worksheet and Complete <i>Combination Foods</i> worksheet
<b>Lesson 2 &amp; Lesson 3</b> <b>Puberty Changes &amp; Emotions During Puberty</b> (1 day)	Identify physical changes during puberty.	a. There are many body changes during puberty and development occurs at different rates. b. During puberty, girls begin to ovulate and menstruate, and boys begin to produce sperm and ejaculate; once this occurs, girls are physically capable of becoming pregnant and boys of getting females pregnant.	<b>Health World</b> Boy Talk Plus: Watch from 0:00 to 20:00 Complete <i>What's Happening on the Inside</i> worksheet Girl Talk Plus: Watch from 0:00 to 30:31 Complete <i>What's Happening on the Inside</i> worksheet
	Explain ways to manage emotional changes during puberty.	a. There is an upsurge in emotional feelings during puberty because of increased hormones. b. Many teens begin to develop romantic feelings during puberty. c. Young teens sometimes feel uncomfortable, clumsy, and/or self-conscious because of rapid body changes.	

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<p><b>Lesson 4</b>  <b>Infectious Diseases</b>                      (1 day)</p>	<p>Describe how bloodborne pathogens are transmitted and how they can be prevented.</p>	<ol style="list-style-type: none"> <li>a. Bloodborne pathogens such as HIV (Human Immunodeficiency Virus)/ AIDS (Acquired Immunodeficiency Syndrome), and Hepatitis C, are viruses that cause disease.</li> <li>b. People who contract bloodborne pathogens are more at risk for getting infections, diseases or other illnesses.</li> <li>c. A person cannot become infected with a bloodborne pathogen by being around, touching, or hugging someone that has a bloodborne pathogen.</li> <li>d. Open sores, runny noses, blood and other bodily fluids of other people should never be touched because they could be infected.</li> <li>e. The most common way for someone to get bloodborne pathogens is to participate in high-risk sexual behaviors or share a needle with another person who is infected.</li> <li>f. Bloodborne pathogens stay in the body for life, but there are medicines that help people live longer and stay healthier, although they will never be cured.</li> </ol>	<p><b>HealthWorld</b>                      Germs and Your Health 9:25-16:20 and 24:40 - End</p>